



dance & arts  
therapy nz



Annual Report  
**2019**



# OUR MISSION

Our kaupapa is to support and empower individuals and groups in Aotearoa/NZ through the use of Dance Movement Therapy and Arts Therapy, with a focus on those with disabilities, special needs, and at risk/ low income communities.

*To achieve our mission, we are working hard to deliver programmes and projects which support vulnerable communities through therapeutic support and empowerment through the creative arts.*

**We are a team of professionals who value:** Creativity • Connection • Nurturing  
Growth • Integrity • Collaboration





# OUR History

Founder, Anaia Treefoot, had always dreamed of using the therapeutic power of dance and movement to support and transform the lives of children and young people. As there were no NZ based groups she could observe and train with at the time, Anaia travelled all the way to New York City in 2009 to study intensively with Dr Suzi Tortora and to train in the field of dance movement therapy. In 2010, she returned to Auckland and started what became our first STARS programme at Mt Albert YMCA. Since then, our programmes have grown and developed into a multitude of diverse and successful offerings. In 2013 we registered as a Charitable Trust, and moved into our office at the Onehunga Community Centre. We launched our first art-based programme, Arts 4 Us, in 2014. We have always been a responsive and proactive organisation, seeking to develop local programmes in response to significant community needs. We are here for our clients and our participants and we love the work we do!

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# OUR Supporters

Arohanui to our generous funders that have generously supported the growth of DTNZ this year – we simply couldn't deliver our programmes without these organisations.



## Key Supporters

- Foundation North (ASB)
- NZCT
- Lottery Community
- IHC Foundation
- Creative Communities
- The Southern Trust
- Auckland Council

## Community Supporters

- Four Winds Foundation
- Rata Foundation
- Pub Charity
- Youthtown
- Lion Foundation
- Auckland Foundation
- COGS
- CERT
- Milestone Foundation
- John Illot Charitable Trust
- Rehabilitation Welfare Trust
- Mt Wellington Foundation
- Bluesky Community Trust
- Christchurch Airport
- Infinity Foundation

## Our Volunteers

### – SPECIAL THANKS

We are indebted to our many programme, administration and outreach volunteers including: Anna, Andrew, Bella, Bernice, Cam, Danit, Eliza, Elizabeth, Erin, Erinna, Georgia, Jennifer, Julia, Kris, Laura K, Laura M, Li Wang, Lyndsay, Megan, Melanie, Nicole, Sam, Tayla, Tiffany & Victoria.

We are also very grateful to our Advisory Board who have contributed so much to DTNZ over the past year through supporting our governance and growth.

## Our Students

DTNZ is proud of the practical training opportunities it provides to dance and arts therapy students including those from University of Auckland and Whitecliffe College. This training allows students first hand experience in the industry and mentoring from established professionals.

# OUR Director



This past 2018-2019 year Dance & Arts Therapy NZ has taken another step forward in our maturing as an organisation. We began our first STARS programmes nine years ago, and it is quite incredible to reflect on how far we have come since then. Our programmes are many and diverse, and we are supporting more people than

ever in Auckland and, now, in Christchurch. Due to the excellent growth we have sustained over the past year, we have been able to look beyond our basic programme needs and establish initiatives to meet our strategic goals around development of the Dance Movement Therapy (DMT) profession in NZ and aligning with Tikanga Māori in our delivery.

We have been able to offer 25 sessions each week over the past year to 239 people per week, a 28% increase from 2018. That meant 8,135 attendances over the past 12 months, which is an 11% increase since last year.

Financial growth has continued to meet the increased programme needs, and this year we have seen a massive 118% increase in our non-grant income, thanks to the hard work of our team in diversifying income sources, including a new ACC Sensitive Claims Contract, contracts with special education in schools, a more comprehensive individual therapy programme and a 37% increase in group programme income. As a result, our non-grant income has increased from 15% of our total income in 2018 to 28% in 2019.

We have invested resources this year in incorporating Tikanga Māori more into our organisation, through funding our therapists to attend Arts Therapy & Tikanga Māori training and establishing a scholarship for a Māori or Pasifika student to train as a Dance Movement Therapist at the new University of Auckland Masters in DMT. We hope that the scholarship, Kotahitanga Korikori: Dance Movement Therapy for Community Empowerment, will lead to

more Māori and Pasifika therapists and will directly support and empower communities with some of the highest needs we see.

We have also been able to fund a new research grant, which is designed to support more DMT and Arts Therapy clinical research in the context of Aotearoa. We are excited about the research project that will be underway in the coming year, working with youth in Northland from mostly Māori communities using movement-based multimodal creative therapy.

This year we have also invested resources into the South Auckland area and launched a successful Arts 4 Us programme in Manurewa, which has been supporting over 40 local youth each term. We launched a Dance 4 Us Christchurch programme to continue addressing the high needs in this region, and were also able to offer a Trauma-focused Dance 4 Healing group for women in Christchurch, which was in direct response to the tragic mosque shootings in Christchurch in April this year.

The other area of significant growth in the past year has been in our Outreach Programme, where our attendances increased a massive 535%! We have collaborated and run workshops and sessions with many organisations, including Sport Auckland, Odyssey, Auckland Art Fair, Circability, PHAB, Raukauri Music Therapy Centre, Hohepa and Cerebral Palsy Society.

Another area of growth to note is our volunteer programme, which empowers people to both gain essential administrative skills in our office, leading to future paid work opportunities, and also programme volunteers who contribute directly with clients, again gaining invaluable experience that often supports future paid work. We are glad to have been able to support so many volunteers over the year, with the programme increasing by 44% since the 2018 year.

As Director, I am especially grateful for the strong, vibrant and skilled team we have in our Head Office. Our superstars Alice, Tamara, Judi and Emma are such a big part of our story of success over the past year. What a year, and I can't wait to see what the next one brings!

A handwritten signature in dark ink, which appears to read 'Anaia Treefoot'.

Anaia Treefoot,  
Director





# OUR Stories

*“One of our clients came to us with a very short attention span, wandering around the space instead of participating. Now she holds onto the foam sticks and is excited about finding different ways to connect them. She generally engages with the group for about eighty percent of the time now.”*

– Jacquelyn, Dance Movement Therapist

*“My daughter really loves art. She looks forward to attending every week and enjoys the social aspects as well as the creativity. She is making new friends”*

– Parent, Arts 4 Us Specialty



*“An 8-year-old boy who has autism and is a selective mute with language delay, has been attending STARS for over a year now. Last week he spontaneously and quickly said goodbye to each individual in the whole group “Goodbye...(name), Goodbye...(name)” and so on, before racing out at the end of the session. His mother couldn’t believe it.”*

– Clare, Dance Movement Therapist.



*“It isn’t easy to open up in front of strangers but it is quite comfortable here. The music is soothing and the therapist leaders engage all of us together really well.”*

– Client, Movement 4 Healing



*“One of my clients wanted to drum in memory of her recently deceased friend. There was complete silence as she did the most amazing drum solo and everyone just held the space for her. We then did a group regulative breath, breathing in remembering everyone here, and breathing out remembering everyone who has passed. It was an incredible moment.”*

– Verity, Dance Movement Therapist

*“My child has been wanting to dance for such a long time but when we’d tried to take her along to various programmes she had refused to go into the building. At Dance 4 Us South she ran straight in and danced so much she got blisters! Thank you so much for offering this programme.”*

– Parent, Dance 4 Us



*“A ten-year-old boy in Arts 4 Us Specialty Primary initially found connecting with the group challenging. He is gaining confidence each week. He is now able to engage in holding eye contact when speaking to others and this term he has been able to talk about his art with the group in sharing circle at the end of each session.”*

– Serena, Arts Therapist

*“My favourite thing about Arts 4 Us is being with other people and creating new art.”*

– Child, Arts 4 Us General

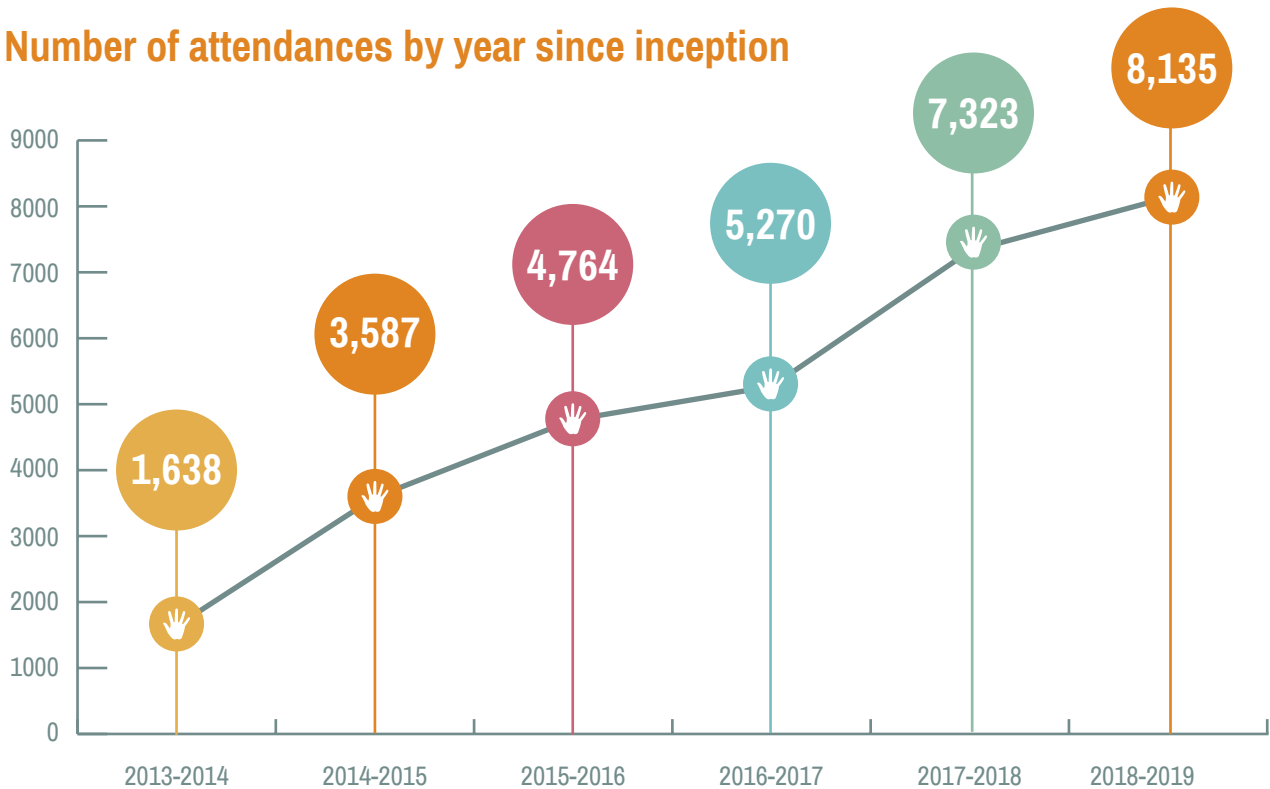




# our Impact

Over the 2018-2019 financial year, Dance & Arts Therapy NZ has achieved outstanding outcomes for the community. Our key outcomes are summarised here:

## Number of attendances by year since inception





## Summary outcomes

We had

# 8,135

attendances across  
all programmes.

11%  
increase  
from 2018

We provided

# 822

dance therapy &  
art therapy sessions.

15%  
increase  
from 2018

We received the generous support of  
many volunteers who donated

# 1792

volunteer hours.

44%  
increase  
from 2018

Every week we delivered  
an average of

# 239

sessions for people from  
high needs populations.

28%  
increase  
from 2018

We provided an average of

# 25

sessions each week.\*

\*during term time

20%  
increase  
from 2018

## Client and parent feedback

DTNZ has always monitored the outcomes it achieves through its programmes using feedback and evaluation forms for participants and parents. The results reported in the forms from the last 12 months are summarised below.

The results demonstrate the excellent benefits and high effectiveness of DTNZ's programmes, and the tangible improvements in all outcomes identified by DTNZ as important (in collaboration with our participants, parents, therapists, and clients). DTNZ's programmes have not only contributed to numerous aspects of personal development and well-being of our participants, they have also resulted in increased participation in school or the community.

84%



Improved self confidence

86%



Improved well being

83%



Increased creative  
self-expression

80%



Improved social skills

78%



More participation at school  
or in the community



# OUR Programmes



## STARS Dance Movement Therapy

Our STARS Dance Movement Therapy programme works with children and teens who are on the Autism spectrum, with related disorders, special needs, developmental delays and disabilities. This is our longest running programme, having started over seven years ago in Mt Albert. Many of our STARS participants have been actively involved in the programme for a number of years and we often hear from parents: “This is the highlight of their week!” Many children attend for fun, social and creative reasons, while others benefit from the individualised and therapeutic nature of the programme. We work closely with parents, therapists, teachers and others to develop and work towards goals for each child to ensure they can achieve their best in the programme and far beyond.

The 2018-2019 year saw 1,048 attendances across the nine weekly programmes in five different locations: Mt Albert, Northcote, Onehunga, Pakuranga and Christchurch.

*“A young girl joined the STARS programme to address anger management as often she would resort to being physical and throwing things. Today, she was able to repair a conflict in a relationship that had happened the week prior: ‘You accidentally ruined my picture last week so I don’t need your help, but thank you.’ A huge moment of growth.”*

– Verity, Dance Movement Therapist

**87%** of participants reported improved wellbeing



**86%** of participants reported increased self confidence



**77%** of participants reported a progression in emotional development



*“I love seeing my clients respond to the music that I play in session. The melodies help to create a safe space and allows them to move around more freely. One client, who tends to be hyperactive, is soothed by the music – it gives her a channel to move along with.”*

– Darrell, Dance Movement Therapist

*“My clients’ parents get a deep joy out of witnessing their child interacting so positively with someone else on their level.”*

– Elise, Dance Movement Therapist





Arts 4 Us Specialty is an after-school art therapy group programme and has been offered at Ōrākei Community Centre since 2015. The programme has been designed for children and teens on the Autism Spectrum, those with related disorders and those who have developmental delays. The aim of Arts 4 Us Specialty is to meet the identified community need for these children and teens who need support with social skills, emotional literacy, friendship skills and sensory integration. The benefits of this therapy are widespread: those attending experience a creative and fun medium for self-expression and self-esteem development, and capacity to participate in school and family life are increased. The 2018-2019 year saw 336 attendances across the two weekly programmes.

*“A 10-year-old girl with dyspraxia is now able to express her frustration during hello circle regarding school challenges. She is then able to process the situation through her art making.”*

– Serena, Arts Therapist

*“A 10-year-old boy with developmental delay has been coming to the sessions for over a year now. He has developed good bonds with the group members and this has supported him in extending his art repertoire from pencil to colouring in his intricate sketches.”*

– Serena, Arts Therapist

**92%** of participants reported improved self-confidence, well-being and social skills



**84%** of participants reported increased creative self-expression and ability to comfort themselves when upset



**82%** of participants reported progression of their emotional development



*“An 11-year-old girl with a degenerative condition responds to art making with a huge smile and enjoys creating through the art materials, increasing her fine and gross motor skills.”*

– Serena, Arts Therapist

*“My child is more willing to try new things, more likely to be creative and is enjoying belonging to a group.”*

– Parent, Arts 4 Us Specialty

# ARTS 4 US

Drop-in After  
School Art  
Therapy



Arts 4 Us has been running since 2013 and is aimed at children from at-risk families in very low income areas. This programme began in direct response to the local community's needs for a purposeful and fun after-school programme that could be a preventative measure in the fight against violence, bullying and poverty. Arts 4 Us works closely with children from high needs families. There are three programmes per week which take place in community centers in Oranga, Randwick Park (Manurewa) and Riverside with three groups per week offered. Arts 4 Us brings many resources into their lives: the opportunity to express themselves creatively, to develop healthy self identity and confidence, to explore and grow new skills, to co-create community identity and belonging around positive and productive themes (vs gang-related identity, for example), and to be a contributing member of a group, and many more. The 2018-2019 year saw 1,656 attendances across three weekly programmes.



100%

of participants agreed  
with the statement 'I am  
safe and have fun here'



98%

of participants agree with the  
statement 'I enjoy making  
art and learning new things  
about art-making here'



98%

of participants agree with  
the statement 'I can be  
myself here'



*"My favourite thing about Arts 4 Us is being with other people and creating new art."*

– Child, Arts 4 Us General

*"I'd like to come every day."*

– Child, Arts 4 Us General

*"My favourite thing about Arts 4 Us? Everything!"*

– Child, Arts 4 Us General

*"I love making art and new friends every week."*

– Child, Arts 4 Us General





## DANCE 4 US

### Drop-in Dance Movement Therapy

Dance 4 Us is our vibrant, expressive dance, movement and drama programme for young people and adults with disabilities. This programme meets community needs for active, fun and community-based activities during the day for adults in community homes to get out and participate directly in their local community in meaningful ways. Our Onehunga programme has been offered since 2014, our Henderson group since 2015 and our Roskill and North Shore programmes since 2018. This year we launched our Christchurch iteration and piloted programmes in South Auckland and Ponsonby. We cater for a range of special needs including Cerebral Palsy, Down syndrome, cognitive delays and physical disabilities. These groups focus on fostering social connections and emotional literacy through creative and expressive dance/movement-based activities, as well as to experience the sheer joy of movement in a safe and fun environment! The 2018-2019 year saw 2,651 attendances across the 7 weekly programmes.

*“A non-verbal client, when she initially joined our programme, would just sit on a chair and bob her head for most of the session, ignoring any props offered to her. In her third session she was there, we introduced a big piece of fabric which she began leaning into, indicating she wanted to join in. It was a lovely moment of participation and engagement that some of the other clients found really encouraging.”*

– Jacquelyn, Dance Movement Therapist

**83%** of participants reported increased creative self-expression



**73%** of participants reported improved self confidence



**73%** of participants reported emotional improved social skills



*“My client feels very comfortable at the programme and has developed a lovely relationship and way of communicating with one of the group leaders. It’s amazing to see his trust and expression around her.”*

– Carer, Dance 4 Us

*“My clients are becoming more accustomed to meeting new people and learning to act appropriately. The therapy team create a very welcoming and calming environment which all participants seem to enjoy.”*

– Carer, Dance 4 Us



## OUTREACH

DTNZ is proud to be a reflexive organisation, responding to the needs of the community as they arise.

This year we focused on developing our outreach services and recorded 2,146 attendances - a massive 535% increase from last year. We delivered 41 sessions and served 470 people of all ages.

Highlights included delivering weekly dance movement therapy sessions to Wairau Valley and Rosehill Special Schools, our holiday programme for adults with special needs and disabilities at Oranga Community Centre, enriching Sport Auckland's Green Prescription and Active Families service delivery, providing a Family Day for Odyssey's 'Te Puawai Aroha' clients and running a workshop at Auckland Art Fair and Cerebral Palsy Society's 'Give it a Go' Day. We also enjoyed strengthening bonds with like-minded organisations in the disability sector - Circability, Raukatauri Music Therapy Centre, Phab and Hohepa - in a wonderfully vibrant 'Disability Pride Day'.

## INDIVIDUAL THERAPY PROGRAMME

Dance Therapy NZ's team of specialist Dance Movement Therapists and Arts Therapists also work individually with numerous clients, both children and adults, throughout the year. Sometimes, children are not ready to participate in a group due to sensory, social, communication, or physical challenges and need more intensive one-on-one intervention to really focus on addressing an area of their development, such as motor development or communication. Our expert therapists can work individually with such children to support them to develop the necessary skills and to prepare them for a group. Over the past 12 months, we have delivered over 150 individual sessions with both adult and child clients.





# NEW!



## ACC Sensitive Claims

In October 2018 DTNZ obtained 'ACC Sensitive Claims Provider' Status enabling us to begin to support and empower people of all ages struggling in the aftermath of sexual abuse-related trauma. We have already delivered 112 face-to-face sessions and currently have 8 dance movement and arts therapist providers covering Grey Lynn, Parnell, Onehunga, Epsom, Kumeu, Waimauku, Orewa, Titirangi, Birkdale and Mairangi Bay.

## Movement 4 Healing

Movement 4 Healing is a response to the needs of women in Christchurch to assist in the processing of the atrocious Christchurch Mosque Shootings (March, 2019) as well as ongoing 'emotional aftershocks' of the Christchurch Earthquakes. With the serendipitous support from Hugo Foundation, we launched a dance movement therapy pilot, co-led by Dance Movement Therapist, Katie Cambridge, and Gestalt Psychotherapist, Kate Bracefield, to provide a safe space for women to begin healing. It quickly became evident that there were broader issues at play so the programme was reshaped to tend to the needs of women living with various well-being barriers including anxiety, stress, depression, discrimination and childhood trauma.

*"One client, with tears in her eyes, said the programme is helping her to reconnect with her playful child spirit, moving from a fear state from when her childhood was 'abruptly taken away from her', to a playful state and feeling of freedom."*

– Katie, Therapist

# OUR Future Plans 2020 and beyond

## Kotahitanga Korikori Scholarship

We're excited to be supporting a student to undertake a Master of Dance Movement Therapy at the University of Auckland. The intention of this scholarship, named Kotahitanga Korikori: Dance Movement Therapy for Community Empowerment, is to encourage the empowerment of Maori and Pacific communities through dance movement therapy. The following whakataukī, or proverb, was gifted to us in the formation of the scholarship: Mauri tu, mauri ora, mauri noho, mauri mate. Those who are active thrive, those who are inactive perish.

## Resourcing Rhythms

As an extension of our individual therapy for ACC clients, we are set to launch 'Resourcing Rhythms' – a group which will support attendees to develop ways to manage anxiety, depression and other feelings, reconnect with their body, regain a sense of safety and control and move towards healthier functioning, in relationships and life. The group will be open to both ACC and non-ACC clients and is already full, with a waitlist for a second group which is currently in planning.

## Arts 4 All in Ōtautahi

Thanks to a generous donation from Hugo Foundation to assist in the development of our Christchurch services, planning is currently underway for an Arts 4 Us style pilot for adults. The project will test the viability of an arts therapy-based programme designed to empower adults and young adults with special needs and disabilities through therapeutic art-making.

# OUR Team



## Key:

Leadership	●
Admin Team	●
Therapist	●
Volunteer	●
Assistant	●
Supervisor	●

## From top left:

● Serena, ● Clare, ● Sam, ● Yoko, ● Laura K, ● Emilia, ● Tamara, ● Tayla, ● Kim, ● David  
 ● Anne, ● Lyndsay, ● Anaia, ● Brittany, ● Doreen, ● Erin, ● Alice, ● Georgia, ● Abby  
 ● Carrie, ● Bernice, ● Leticia, ● Elise, ● Helen, ● Clare, ● Laura M, ● Jacquelyn, ● Maria

## Plus:

● Kate B, ● Katie, ● Verity, ● Kate G-H, ● Zoë, ● Abi, ● Dominique, ● Emma, ● Tiffany,  
 ● Megan, ● Judi, ● Danit, ● Eliza, ● Elizabeth, ● Erinna, ● Kris & ● Nicole.

# OUR Advisory Board

## Anaia Treefoot, Chairperson



Anaia is the Founder and Director of Dance Therapy NZ and has been working in the Arts Therapy field since 2008. She has always been passionate about supporting others, and finds great satisfaction from utilising the creative arts to empower people from many different backgrounds and communities. Anaia has

a clinical background as an Arts Therapist and Dance Movement Therapist working with a range of children and adults, and is also has experience providing supervision and training to new therapists and those studying Arts and Dance Therapy.

Anaia holds a Masters in Clinical Arts Therapy, is a Professional Member of the Dance Therapy Association Australasia and an Associate Member of the American Dance Therapy Association. Anaia travelled to New York to undertake a year of intensive Postgraduate Dance Movement Therapy Training before bringing this knowledge back to Auckland in 2010 where she helped set up Dance Therapy NZ.

## Troy Swanson, Treasurer



Troy is a fully qualified Chartered Accountant and has worked as a Finance Manager in the health industry for the last 3 years. He has over 15 years' experience in the Accounting field. Troy also has qualifications with a degree in the field of Economics and Finance. During his career to date Troy has made

substantial improvements and implemented new systems and processes to improve the performance. As Finance Manager he has been responsible for the integrity and accuracy of finance and accounting systems. Troy is a recent addition to DTNZ and is really enjoyed working with the DTNZ team and giving back to the community. This experience has encouraged Troy to make changes in his own life to help others and have a positive impact on society. Outside work, Troy's passions are cricket and rugby league, spending time in the garden and enjoying the outdoors. Troy enjoys running and likes to live a healthy lifestyle and to keep fit and healthy.

## Felicity Monteiro, Secretary



Felicity is an experienced civil and commercial litigator and a partner at Wilson Harle, a specialist litigation firm. She holds an LLB (Hons) and LLM (First Class) from the University of Auckland. She was admitted to the bar in 2007. Felicity has assisted clients involved in a wide range of disputes and has appeared as counsel in

the courts at all levels, assisting clients in mediations, arbitrations and commercial settlements. She has been on DTNZ's advisory board since its establishment three years ago.

## Sarah McNeil



Sarah is a Clinical Psychologist and works in Adult Mental Health across the public and private sectors, bringing her passion and experience working in the community to DTNZ's board. She is skilled in clinical risk assessment and also advises on outcome measures for research purposes. In her spare time, Sarah loves to travel and explore our great outdoors with her family.

## Alessandra França



Alessandra is the newest edition to our Board. She brings over 20 years of project management experience, including 14 years in the non-profit sector in Brazil working to safeguard children against unintentional injury. Alessandra has two MBAs - one in Social Responsibility and the other in Project Management, and speaks

Portuguese and English fluently. In her spare time she loves to run, play with her cat and go tramping around Aotearoa. She believes DTNZ is a great organisation with a beautiful cause, and is very happy to be able to contribute to such an important mission.



# OUR Financials

## Treasurer's Report

Dance Therapy NZ (DTNZ), from a financial perspective, has had another good year and the growth continues at a very high rate. There was income of \$390,126 which is an increase of 24% on last year, and has allowed us to continue to invest in our team to ensure we continue to provide and develop our programmes. It also allows us the opportunity to help other communities. Cash and bank balances continue to grow and now amount to \$153,559. These, along with unused grants of \$60,197, will ensure DTNZ has another good start to the financial year.

Since August 2015, one of our key goals has been to ensure that DTNZ moves towards being a sustainable organisation. This requires us to make a small surplus each year to build up our reserves. It also means diversifying our sources of income, so we are not reliant on one or two organisations. Since then we have been achieving our goal with this year's surplus of \$10,314 and accumulated funds increasing to \$79,387. DTNZ continues to receive grants from over 20 organisations. This is a fantastic achievement given our revenue in 2014 was only \$93,401.

It is also very pleasing to note that there was an increase in our non-grant income by 120% over the past year. Growing this income is very important to support our long-term sustainability in self-generating more of our income needed to run our programmes. This was very pleasing and DTNZ has come a very long way financially in the last few years and is in a very solid position to face the challenges ahead.

## Income and expenditure

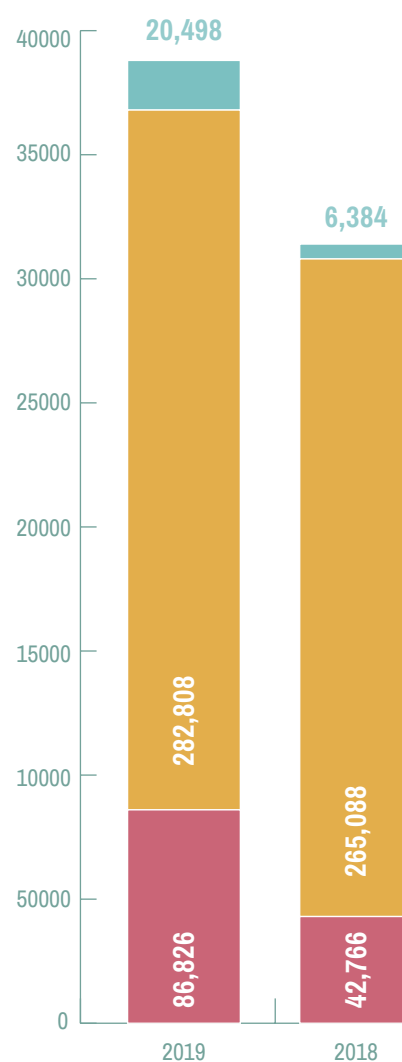
	2019	2018	2017	2016	2015	2014
	\$	\$	\$	\$	\$	\$
Total income	390,126	314,238	292,392	207,834	166,954	93,401
Operating costs	379,811	305,006	272,001	195,908	162,783	86,013
Net profit for year	10,314	9,232	20,391	11,926	4,171	7,388
Accumulated funds	79,387	69,073	59,841	39,450	27,524	23,353

The full financial statements of Dance Therapy NZ were audited by 'Hart & Co. - North Shore' Chartered Accountants and their unqualified opinion was issued on 23 July 2019. A copy of our full Financial Statements for the year ending 30 June 2019 can be requested from:

**Dance Therapy NZ, PO Box 13847 Onehunga 1643 New Zealand or email: [info@dancetherapy.co.nz](mailto:info@dancetherapy.co.nz)**

## Income sources

- Other income
- Grant income
- Programme fees





*"I love seeing my clients respond to the music that I play in session. The melodies help to create a safe space and allows them to move around more freely. One client, who tends to be hyperactive, is soothed by the music – it gives her a channel to move along with."*

– Darrell, Dance Movement Therapist





#### contact details

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