



VETERANS SUPPORTING VETERANS



CCMS music therapist Tony Varga (far right) at the NH Veteran's Home, Tilton

The Concord Community Music School is pleased to present **Boots and Beats**, a unique music-based support program designed specifically to assist service-connected personnel and their families to negotiate the challenges of military life. **Boots and Beats** sessions are led by board certified music therapist and Navy veteran, Tony Varga.

Boots and Beats IS for everyone; no musical experience is necessary!!

In a **Boots and Beats** session, group members can expect to

- * **Listen to music**
- * **Play instruments**
- * **Sing**
- * **Write songs**
- * **Express musical preferences in a safe environment**

Although we encourage participation, we respect our clients' privacy so group members will never be pressured to share or contribute beyond their own comfort level. Music is where memories live, emotions awaken and thoughts blossom. **Boots and Beats** was founded on the core principle that music is where healing happens.

All members of military communities, active duty, reservists, prior service, career retirees and their families are invited to inquire about **Boots and Beats** by contacting your organization's administration or by reaching out directly to the Concord Community Music School.



(603) 228 – 1196

ccmusicschool.org

Anthony C. Varga, DMA, MT-BC, NMT

Tony has been a board-certified music therapist since 2021 and holds accreditation as a Neurologic Music Therapy affiliate with the Robert F. Unkefer Academy of Neurologic Music Therapy at the University of Toronto. Prior to becoming a music therapist, Tony was a music educator having taught kindergarten through college throughout his 30 year tenure. He holds a Bachelor of Music from Rutgers University, Master of Arts from Rowan University and a Doctor of Musical Arts from Boston University in addition to a Music Therapy Equivalency degree from Saint Mary of the Woods College. Before embarking on a long academic career, Tony was a Quartermaster Petty Officer Second Class aboard the USS O'Bannon DD-987 from 1984 to 1988 and completed one major deployment to the Persian Gulf to participate in freedom of navigation exercises with the Middle East Task Force in 1986. Currently, Tony is the Music Therapy Coordinator for the Concord Community Music School.



The Concord Community Music School

CCMS provides learning, therapeutic, & performance experiences for students of all ages, abilities, & backgrounds. Over 1,400 students from 138 communities are enrolled at our Concord, NH facility. Our students receive instruction in 25 instruments & voice across a range of genres, as well as music theory, composition, audio engineering, & more. Our offerings include choruses, movement classes, & expressive arts therapy programs designed to support individuals facing emotional or medical challenges.