

No Shame In My Game



“Tree of Wisdom, of Melody & Rhythm”

USE YOUR PERSONAL EXPERIENCES TO WRITE YOUR SONG

No Shame In My Game (NSIMG) uses Narrative Therapy practices to support healing and self-expression through music for young people impacted by trauma, entrenched in the criminal justice system, or have a diagnosed disability with a passion for music. The program provides a safe and supportive space for young people to explore the joys of music, express themselves, and tell their stories through narrative songwriting.

The program is driven by vocal improvisation, which is a technique used to create music in the moment, without planning or preparation. This allows young people to express themselves freely and to connect with their emotions on a deeper level. Through narrative songwriting, they can tell their stories in an accessible and creative way, using music as a medium for healing and self-expression.

NSIMG was founded by Simone Stacey, an artist, songwriter, and youth coordinator who understands the power of music for transformation. She created the program to give young people who are entrenched in services such as criminal justice or child protection a chance to find solace and healing through music. By using Narrative Therapy practices, NSIMG empowers young people to tell their stories, process their experiences, and find their voice through music.

"WISDOM COMES FROM YOUR OWN LIFE EXPERIENCES"

