

## **Elizabeth Eldridge BMT, MTA, RMT**



Elizabeth Eldridge is a Certified Music Therapist, Registered Music Teacher, and founder/proprietor of Arpeggio Health Services. After achieving her Bachelor degree at Acadia University, Elizabeth completed her clinical music therapy internship in Mental Health Recovery Services at St. Joseph's Hospital in Hamilton, Ontario. In this role, she gained invaluable experience working on an interdisciplinary team supporting clients diagnosed with various psychiatric conditions in outpatient, inpatient, and forensic settings. She returned home to Charlotte County, New Brunswick in 2008 and founded her business, which has expanded to include subcontracting and internship positions. Arpeggio Health Services now provides consultations, educational opportunities and clinical music therapy services throughout the province.

In addition to managing day-to-day business operations, Elizabeth regularly facilitates workshops on the mindful use of music in mental health and aging care, partnering with organizations such as the Atlantic Institute on Aging and Room 217 Foundation. With certification as an instructor through the Mental Health Commission of Canada, Elizabeth has trained over 1,500 members of the public in Mental Health First Aid. In 2016, she obtained certification through Living Works Education as an instructor for safeTALK Suicide Alertness Training, and continues to offer these courses across the Maritime region on a regular basis. With a passion for public speaking, she has delivered dynamic keynote addresses throughout the Maritimes, often sought after to present on topics related to mental health in the workplace for private organizations and at conferences including WorkSafe NB, Workers Compensation Board of PEI, J.D. Irving Ltd., Moosehead Breweries and the New Brunswick Construction Safety Association. She has been interviewed about her work by television and radio programs, and has been profiled in a variety of local and national publications.

Elizabeth currently serves on the Board of Directors for the Alzheimer Society of New Brunswick and as President of the Canadian Association of Music Therapists. She is a proud member of the Canadian Association of Professional Speakers.

In her spare time Elizabeth enjoys reading and spending time with her best friend—her German Shorthaired Pointer, Oscar.