

Saturday November 5th, 2022

Session 9: 3:00-4:15 p.m. - Huron Grand Ballroom 1-4

Dr. Bina John & Jeremy Fisher

Music: A Social-Emotional Health Phenomenon

Music, what all humans do, is one of the fundamental ways in which we relate to and communicate with each other. Across the lifespan, the bonds that are created when we make music together fuels social and emotional understanding and expression that ultimately contributes to overall health and well-being.

When the music making came to a deafening halt, as a result of the pandemic, we lost our musical connectedness. Our post-pandemic world is facing an acute mental health crisis that will last several years. Many students will still be experiencing post-traumatic stress disorder symptoms. It is not only timely, but essential that we explore the multiple ways in which music nourishes social emotional learning and overall well-being. This gathering session will address topics such as music as a psycho-social health phenomenon and trauma-informed pedagogy.



Dr. Bina John is an Assistant Professor at the Faculty of Music, University of Toronto. She teaches undergraduate/graduate courses in Music and Urban Engagement, Psychological Foundations, Social Psychology of Music, Keyboard Skills, and Music in Childhood. She is the co-chair for the Anti-Racism & Anti-Oppression Committee at the Faculty of Music. Currently, Dr. John is working on several collaborative research projects; providing youth residing in detention centres access to music education, developing music curriculum for a mixed reality video game for children with cerebral palsy; and exploring experiences of performing during the COVID-19 pandemic for vocalists, pianists and athletes.

Songs and Stories with Jeremy Fisher



Jeremy's performance will be an intimate and interactive event, as he digs deep into his catalogue, encourages audience participation and tells tales from his early days touring across North America by bicycle. Be prepared to move, let go and laugh out loud!

Jeremy Fisher is a 3-time, JUNO-nominated pop-folk singer-songwriter based in Ottawa, ON. He has released 6 studio albums and his music has been featured on radio, in film (The Big Year, Our Idiot Brother), commercials (Volkswagen, American Airlines) and TV (Disney, Global).

He is a co-creator, songwriter and voice actor in the new CBC animated series Jeremy and Jazzy, a show about how feelings become songs, songs become stories, and music, friendship, and collaboration create joy.