



February 27, 2026

To Whom It May Concern,

*I am pleased to provide this letter of reference for the Good Medicine Songs following the exceptional workshop they facilitated for youth at our live-in treatment centre.*

*Our program supports young people who are working hard to build healthier lives and explore alternative coping strategies. Good Medicine Songs delivered an experience that was not only engaging and educational, but deeply meaningful. Both facilitators created a safe, welcoming, and judgment-free space where participants felt comfortable expressing themselves and trying something new.*

*Through music, storytelling, and interactive participation, they encouraged our youth to explore how music affects the mind and body. They helped participants recognize music as a powerful coping tool one that can support emotional regulation, self-expression, grounding, and connection. The workshop was thoughtfully structured to invite curiosity and reflection, while remaining accessible and inclusive to all comfort levels.*

*In addition to the musical experience, they generously shared teachings about the Stolo land and people. This cultural context added depth and significance to the session, fostering respect, awareness, and connection to place. The integration of cultural knowledge with creative expression made the workshop especially impactful.*

*Our youth remained engaged throughout the session and continued discussing the experience afterward, which speaks to the lasting impression it made. We are grateful for the care, authenticity, and professionalism that Good Medicine Songs brought to our centre.*

*I highly recommend Good Medicine Songs to any organization seeking meaningful, culturally grounded, and therapeutic musical programming for youth or community groups.*

*Please feel free to contact me if you require any additional information.*

Sincerely,

*Katrina Ovens • Land- Based Recreation Lead (She/Her)*  
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*We recognize the unceded, ancestral and traditional territory of the Stó:lō Nation.*