

lullaby project

**songwriting workshops
for expecting &
new parents & caregivers**

**Make beautiful connections with your baby
while boosting your mental wellness.**

The **Lullaby Project** pairs new and expecting parents with teaching artists to write and sing personal lullabies — supporting maternal health, aiding childhood development and strengthening the bond between parent/caregiver and child.

**Zoom workshops (60 minutes) take place
over a period of six weeks; scheduling is flexible.**

Sign up any time in the third trimester of pregnancy or up to one year postpartum.

Keepsakes include a digital recording of your lullaby plus the opportunity to perform in the celebratory Lullaby Project concert at the New Jersey Performing Arts Center.

register today!



Scan the QR code or
visit njpac.org/lullabysignup
to register

**No singing or
music experience
necessary!**

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In partnership with:

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**PARTNERSHIP FOR
MATERNAL &
CHILD HEALTH**
OF NORTHERN NEW JERSEY