

MINDFULNESS MATTERS



A virtual 8-week group teaching your child or teen mindfulness skills that can help with self-regulating emotions on a day-to-day basis.

Learn how to manage emotions utilizing *mindfulness techniques and strategies* that involve *individual expression* and *focused attention* on fun and creative activities.

GROUP INFORMATION:

	Children	Teens
Ages	9-13	14-18
Day & time	Wednesdays 6:30-7:30 PM	Wednesdays 7:30-8:30 PM
Location	Virtual - groups held via Zoom link	Virtual - groups held via Zoom link
Group leader	Dyuti Ganesh	Dyuti Ganesh
Entry dates	Rolling	Rolling
Group dates	Nov 3-Dec 22	Nov 3-Dec 22
Price	\$25/group session	\$25/group session

For enrollment information, please contact dganesh@mappdocs.com