



Mindful Marvels



Calling all clients age 7- 10 years who want to harness their mindfulness techniques!



Who: Children ages 7-10 years
Target Date: Tuesday, March 17, 2020 – Tuesday April 21, 2020
Frequency: One hour per week for six weeks
6:00pm to 7:00pm
Location: Belmont Office
Group Leaders: Marcelina Hernandez & George Summers
*Please send referrals to Rochelle by noon March 14, 2020.



Mindfulness & Coping Skills Group

Meditation, Breathing Exercises, Coping Skill Identification, Emotion Visitation
Stress Relief

