



Introducing

# Mindful Kids



Mindful Kids is a 8 week virtual program for children ages 6-9 to learn helpful and effective ways to manage & cope with stress and anxiety through mindfulness, yoga and meditation.

Mindfulness can help children learn to focus, manage stress, regulate emotions, and develop a positive outlook on life. Parents/Caregivers will also learn the simple and powerful solutions to help their child practice skills at home.

Suggested Donation of  
\$10 per week.

Please Call Leighann to register  
516-799-3203, ext. 124

**When: Wednesday, February 10th**

**Time: 6:00PM-7:00PM**

**Virtual: Zoom link will be provided**

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