

IN PARTNERSHIP WITH



My Good Brain

YOUTH MINDFULNESS WORKSHOP



FREE EVENT

GRADES

1-12

1-HOUR SESSIONS

JOIN US FOR A 4-WEEK WORKSHOP LED BY
CERTIFIED MINDFULNESS TEACHER

ADITIE VAID

FOCUSING ON TEACHING MINDFULNESS
SKILLS & APPLYING MINDFULNESS
IN DAILY LIFE THROUGH ART

COMING IN
JUNE 2024



JOIN THE INTEREST LIST:

bit.ly/youthmindfulnessworkshop