

a **FREE** mindfulness-based drop-in group for youth

“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgmentally” - Jon Kabat Zinn

MINDFUL MOMENTS

located at Shakti Yoga - 137 King St. W, Chatham
Tuesdays 6:00-7:15

April 16: Introduction to Mindfulness

April 23: Mindful Art

April 30 : Mindful Movement

May 7: Mindful Music

May 14: Mindful Words

mindfulness promotes
emotion-regulation and
healthy stress response,
improves memory and
focus, and provides tools
to manage anxiety,
depression, and every
day LIFE!

MINDFUL MOMENTS IS NOW OPEN TO AGES 10-17

No pre-registration required. Dress comfortably. Light snacks provided. Questions? Phone CKCS at 519-352-0440 ext. 2.

Visit us on Instagram: @mindfulmoments



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SHAKTIYOGA

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