



EARLY CHILDHOOD MINDFUL KIDS GROUP

- Join other kids and parents in a fun group to learn skills to manage big feelings, calm anxiety and worries and build physical and emotional strength.
- Parents will have the opportunity to participate in group with their children and attend parent education sessions.



Contact
Anne Sitorius Maas or
Laura Hoepfner
at 952-932-7277 or
asitorius@relatemn.org
lhoepfner@relatemn.org
to sign up!

Ages 4 - 6

**Yoga, Mindfulness,
Breathing, Relaxation,
Games and other
activities for
kids and parents**

**Cost: \$105 if paid at
first session = 1 week
free!**

**Or \$15/week paid each
session**

**8 week course starting
January 17th – March 7th
Tuesdays 6:00 – 7:00 pm**

Relate Counseling Center
5125 County Road 101
Minnetonka

www.relatemn.org