



MINDFUL KIDS GROUP

Calling All Mindful Kids!

Join other kids in a fun group as we learn skills to manage big feelings, calm anxiety and worries and build physical and emotional strength.



Relate Counseling Center
5125 County Road 101
Minnetonka

www.relatemn.org

Contact
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or
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**YOGA,
MINDFULNESS,
BREATHING,
RELAXATION, AND
THERAPEUTIC
GAMES**

**Cost:
\$200 Parent/Kid
Group**

**8 Week Group
starting:
February 6th**

**Tuesdays 4pm
Ages 7 – 9**

**Complimentary
parenting session
each week**

**Groups fill-up fast so
register early!**

**Register online at
www.relatemn.org
(Starting January 3rd)**