



TRUE YOU

A Group for Teens

An 8 week, skills based program designed to explore individual identity and build resiliency. Drawing from the latest evidence based research in heart, mind and body integration, participants will spend each week learning tools and techniques to support their holistic health and development. Topics include everyday mindfulness, movement and yoga, sleep, nutrition, and cultivating nurturing relationships.

Ages: Grades 9-12

Times: Tuesdays from 6:45 - 8:00pm

Starts January 23rd and runs for 8 weeks

Cost: \$250



Contact

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