



## 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](http://www.relatemn.org)

Contact  
Amanda Sullivan, MSW, LICSW  
or  
MJ Pearson, MSW, LICSW  
at 952-932-7277 or  
[asullivan@relatemn.org](mailto:asullivan@relatemn.org)  
[mpearson@relatemn.org](mailto:mpearson@relatemn.org)

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

---

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

---

**8 Week Group  
starting:  
April 3rd**

**Tuesdays 4pm  
Ages 9 – 11**

---

**Complimentary  
parenting session  
each week**

---

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

**Register online at  
[www.relatemn.org](http://www.relatemn.org)  
(Starting March 1st)**