



## **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  
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at 952-932-7277 or  
[asullivan@relatemn.org](mailto:asullivan@relatemn.org)

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

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**Cost:  
\$250 Parent/Kid  
Group**

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**8 Week Groups  
starting October 2<sup>nd</sup>  
for Ages 7 – 8 and  
November 27<sup>th</sup> for  
Ages 9 - 11**

**Tuesdays 4pm**

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**Complimentary  
parenting session  
each week**

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

**Register online at  
[www.relatemn.org](http://www.relatemn.org)**