



MINDFUL KIDS GROUP

Calling All Mindful Kids and Parents!

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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**YOGA,
MINDFULNESS,
BREATHING,
RELAXATION, AND
THERAPEUTIC
GAMES FOR
ELEMENTARY-AGED
KIDS AND THEIR
PARENTS**

Cost: \$250

**7 Week Group
starting February 5**

Tuesdays, 4 – 5:15pm

**Parent/caretaker
participation required
each week**

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

**Register online at
www.relatemn.org**