



## MINDFUL KIDS -- WESTONKA

### 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.

#### Contact

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at 952-491-8466

or [mpearson@relatemn.org](mailto:mpearson@relatemn.org)

with questions or for more information.



**Relate**  
COUNSELING CENTER

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

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Cost: \$200

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6 Week Group  
November 13<sup>th</sup> –  
December 18<sup>th</sup> for  
Ages 7 – 9

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Wednesdays 8:15 –  
9:00am

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Shirley Hills  
Primary School,  
Mound

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Register online by  
Wednesday,  
November 6th at  
[www.relatemn.org/  
mindful-kids-westonka/](http://www.relatemn.org/mindful-kids-westonka/)