



## 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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**Relate**  
COUNSELING CENTER

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

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Cost: \$200

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6 Week Group April  
1st – May 6<sup>th</sup> for  
Ages 7 – 9

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Wednesdays  
8:15 – 9:00am

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Hilltop  
Primary School,  
Mound

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Register online by  
Monday,  
March 30th at  
[https://www.relatemn.org/  
mindful-kids-westonka-2/](https://www.relatemn.org/mindful-kids-westonka-2/)