

a **FREE** mindfulness-based drop-in group for kids & youth

“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgmentally” - Jon Kabat Zinn

MINDFUL MOMENTS

located at Shakti Yoga - 137 King St. W, Chatham

WINTER & SPRING

AGES 9-12


THURSDAYS
a 5 week series
Feb. 6 - Mar. 5
6:00-7:30PM

mindfulness promotes
emotion-regulation and
healthy stress response,
improves memory and
focus, and provides tools to
manage anxiety,
depression, and every day
LIFE!

AGES 13-17

TUESDAYS
a 5 week series
Mar. 10 - Apr. 7
6:00-7:30PM

No pre-registration required. Dress comfortably. Bring water bottle. Light snacks provided. Questions? Phone CKCS at 519-352-0440 ext. 2.

Visit us on Instagram: @mindfulmoments_ 

brought to you by:



Chatham-Kent Children's Services



SHAKTIYOGA