



Parents, are your children experiencing:

- Anxiety or worry?
- Stress about social interactions?
- Difficulty managing change?
- Emotional exhaustion?

If you've answered YES...I welcome your little one to join a small group of fun-loving and eager kids, as we make it FUN to get to know ourselves better.

Session description:

Using a combination of yoga for kids, meditation/mindfulness, and counselling/coaching, we will address all those life-things that kids of this age group are exposed to; providing them with 'tools' to be happy & strong! Fun exercises, books and discussions to help children acknowledge their positive attributes, manage their emotions and develop age-appropriate social skills in a fun, loving, safe environment.

~Another wellness enhancement program developed by JMJ Coaching~

Who?

9-12 year olds who would benefit from some extra confidence in managing life situations.

What?

- Improve self-esteem & confidence
- Understand emotions
- Handle anxiety
- Enhance social skills

When?

5 weeks- 1 evening/week

45 minute sessions

Where?

310 Haslam Cres. Silverspring-Saskatoon

Rates:

\$30/session or

\$120 for 5-session series

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Facebook Page: "From the Boardroom to the Playroom"