

Children's Stress Relief/Anxiety Reduction Workshop

July 12-16th in Reading
9-11:15 am each day
Open to children ages 8-11

Come join us to have fun! De-stress and play while learning new ways to feel calmer, less anxious and more peaceful.

Our children are more stressed than ever, our goal is to find a way to help their overall mental health while meeting new friends and learning skills they can use in the future.

We will learn through cooperative play, creative activities, art, mindfulness, yoga and movement.

Using research based interventions to build coping skills.

\$350 per child for the week.

This program will follow the suggested CDC reopening guidelines. Protocols will be sent to all registered participants regarding social distancing, face coverings, hygiene etc.

Contact: Dominie O'Neill LICSW at doneilllicsw@gmail.com or 781 789 0125

