

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

**FALL OFFERINGS!**

**AGES 7-12**

**TUESDAYS**  
a 5 week series  
Oct. 1 - Oct. 29  
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**

**THURSDAYS**  
a 5 week series  
Nov. 7 - Dec. 5  
6:00-7:30PM

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

Visit us on Instagram: @mindfulmoments\_



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Chatham-Kent Children's Services



SHAKTIYOGA