



Mindfulness

Mindfulness for Stressed Teens

Want to learn strategies to better manage stress and deal with problems and difficult feelings?

Join this free, 7 week group for teens age 15-18.



Wednesdays

January 18-March 8

(No session on Feb. 1st)



Zoom



5:00-6:30 p.m.



To register call Danielle
905-723-0036 ext 1216