

# This Summer!

# Beginning Mindfulness



Mindful Kids

## for Kids & Teens!

Strengthen Focus & Impulse Control,  
Reduce Stress & Anxiety

### Kids Classes (Grades K - 6)

**Tuesdays & Thursdays:**

July 5, 7, 12, 14, 19, 21, 26 & 28

**Grades K - 2:** 1 - 2 pm

**Grades 3 - 6:** 2:15 - 3:15 pm

\$175/student for 8 sessions

### Teen Classes

**Wednesdays:** June 29,  
July 6, 13, 20, 27 & Aug 3

**Grades 7 - 12:** 5 - 6 pm

\$130/student for 6 sessions

*at the  
Madison  
Community  
House*

25 Cook Ave,  
Madison, NJ

**Mary Lea Crawley**

Certified Mindfulness Instructor

[www.mindfulkidsnj.com](http://www.mindfulkidsnj.com)

**Register:**

Email Mary Lea

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