

Decompress & Reduce Stress

A Mindfulness Class for Parents & Caregivers

1. Do you feel overwhelmed, anxious, and stressed while living, working and schooling at home?
2. Are you having trouble sleeping and noticing a drop in your energy level?
3. Do you worry about your own health and your family's well-being?

Decompress & Reduce Stress is an interactive class that will help settle your mind, relax your body, and teach you how to find moments of peace, improving your health and well-being.

KidTherapy and Anchored Minds & Bodies are collaborating to bring you a 3-Part Mindfulness Series to help you navigate these challenging times.



Decompress & Reduce Stress (Virtual Zoom Class)

Dates: October 14, 21, and 28

Times: 7-7:30 pm

Fee: \$38 for the 3-class series; \$15 per Individual Class

Questions/Register: Please email Kelly Berman @ kberman@kidtherapynj.com

For more information about mindfulness, and the instructor, visit: anchoredmindsbodies.com