



# Mindful Strides

*A weekly mindful meditation program exploring BIG feelings and building emotional intelligence.*

## About the Program

A nature and animal based mindfulness program supporting kids 7-11 years to build resilience & develop emotional intelligence.

This program helps build confidence, social skills & provides practical tools to use during times of anxiety, stress and overthinking.

Kids learn about the animals we work with and how they communicate as well as the gifts of nature.

Term 4 - Starts 19 October  
Saturday 2:30-3:30

## Contact us to book

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📍 Yarra Junction

