



Wellness Programs for Kids

YOGA

★ ENJOY A FUN, RELAXED YOGA CLASS THROUGH STRETCHING, BALANCE, AND BREATHING EXERCISES.

April 27 - May 18

Ages 5-9 Thursday at 5

\$200 for 4 sessions

Ages 10-14 Thursday at 6

SOCIAL SKILLS

★ IMPROVE SOCIAL AND SELF-REGULATION SKILLS THROUGH DIRECT INSTRUCTION, GAMES, AND INITIATIVES.

April 26 - May 17

Ages 5-9 Wednesday at 6

\$200 for 4 sessions

Ages 10-14 Wednesday at 7

ART

★ LEARN SELF-EXPRESSION AND EMOTIONAL AWARENESS THROUGH THERAPEUTIC ART ACTIVITIES.

April 18 to May 9

Ages 5-9 Tuesday at 5

\$200 for 4 sessions

Ages 10-14 Tuesday at 6

REGISTER: UNDERSTORYSERVICES@GMAIL.COM

LOCATION: STRONGSVILLE PSYCHOLOGICAL SERVICES
7370 ENGLE ROAD, MIDDLEBURG HTS, OH