



CHI Kids is an extraordinary program, launched by child therapist and mental health journalist Michele Kambolis, that will help your child overcome anxiety, shyness, or other common challenges and helps to build optimism and emotional resiliency for life! Shauna Farrell is a certified CHI Kids Master Teacher.

Each class includes

-) mindful breathing and awareness
-) progressive muscle relaxation
-) yoga
-) thought busting techniques
-) play-based anxiety management strategies

The program includes

-) 8 one hour group lessons
-) weekly parent inclusion through newsletters
-) bag of take home tools to incorporate learning into daily life

**For more information or to register please contact
Shauna Farrell at shaunafarrellarts@gmail.com**

8 x Thursdays, 3-4pm, Sept. 28 ~ Nov 16. Grades 1-4,