



Care on the Corner's^{*} Mindful Moppets

Under the Direction of Mary Steinberg



Mindful Moppets is a one hour circle of activities for children ages 3-5 that includes songs, listening skills, movement, yoga, stories, art, and imaginative visualizations to experience inner peace and discover their innate wisdom and joy. The program is designed to promote mindful awareness for children in today's stressful world and focus on the present moment – a place where children can pause, reflect and be seen and heard while developing respect and compassion for themselves and others.

Tuesdays, June 14, 21, 28, 2016 from 10:00 am – 11:00 am

Fee: \$20 per child, with a cap of \$40 per family

Scholarships are available upon request

Space is limited • Register early



For Info & Registration call the Care Center • 333 Franklin Avenue • Hasbrouck Heights, NJ 07604
201-288-9460 • www.careonthecorner.org • **Follow Us on Facebook**

Name: _____

Address: _____

City, State, Zip: _____

Email: _____

Phone #: _____ Cell #: _____

Grade in School: _____

*Care on the Corner is not affiliated with the Hasbrouck Heights Board of Education.