

**TOM SADOWSKI IN PARTNERSHIP WITH CORNERSTONE
MONTCLAIR PRESENTS:**



MINDFULNESS FOR KIDS!

Ages 5-9

Benefits of Mindfulness for Neurodiverse Children

- Increase Positive Behavior
- Anxiety Reduction
- Emotional Regulation
- Anger Management



* A **FREE** fun and inclusive mindfulness class for children with all abilities that promotes emotional regulation, focus, confidence, and a sense of calm - all through engaging activities tailored to their unique strengths!

Location: Cornerstone Montclair - 198
Bellevue Ave, Montclair, NJ 07043

Time: 5pm - 6pm

***September 10th, 17th, 24th, and October
1st***

Register:



tom.j.sadowski@gmail.com

