

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



MINDFULNESS FOR KIDS!

Ages 6-8



Benefits of Mindfulness for Neurodiverse Children

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

*A FREE fun and inclusive mindfulness class for neurodiverse children 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

July 16th, 23rd, 30th, and August 6th



Register:



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