

Calm Resilient Kids

Afterschool Program at Linden Grove

This after-school program provides specific training in calming and self-regulation students within the autism spectrum.

Ages: 10 & up

When: Thursdays after school 2:00-2:40

Dates: Aug 31-Nov 16 2017

Where: Linden Grove

Fee: \$180 for **12 week series** (\$15 per week)

Payable to Linden Grove by first session

To register please contact Elizabeth Ewers at

eevers@lindengroveschool.org

*1:1 sessions available

About Sherry McHenry

Sherry facilitates and guides children, adults and families in self-regulation, mindfulness, focus and resilience skills. She has a private practice where she assists individuals in changing unwanted behavior patterns. She teaches classes in mindful communication, is a biofeedback trainer, reiki master and certified Connected Kids instructor.

As a stress management consultant, Sherry created and managed guided imagery programming in nine facilities for a healthcare management company and has served on two integrative medical teams.

www.sherrymchenry.com

****Please fill out form on following page***

Techniques include: mindful movements, breath awareness, guided meditation/imagery, music, reflection, working with color and more.

Purpose

Research tells us that mindful practices and meditation activates many of same brain areas as those that are active when engaged in executive functioning, particularly:

- Attention
- Short-term memory
- Emotional Regulation
- Mental Flexibility
- Planning

Each class incorporates mindfulness-based strategies that can reduce anxiety, develop attention & listening skills, creating a sense of well-being.

What is mindfulness?

Mindfulness means paying attention on purpose, in the present moment, and nonjudgmentally.

-Jon Kabat Zinn

A secular practice

Calm Resilient Kids & Teens After-School Program

Student _____ Date of Birth _____

Parent Name _____

Phone Number _____ E-mail _____

I understand that you, Sherry McHenry, will be working with my child. I understand that you will be teaching calming techniques such as mindfulness, mindful movements, guided meditation/imagery, breath awareness, music, reflection and working with color.

Parent/Guardian Signature _____ Date: _____

All forms and discussions are considered confidential to the extent that there is no immediate concern of harm to myself or others.