

## **Linden Grove After-School Program 2015-16:**

### **Calm Resilient Kids**

This gentle, interactive class is designed to provide students with meditational 'tools' that can help them feel more connected, calmer and centered. Each class incorporates mindfulness-based strategies which can reduce stress and anxiety, develop attention, promote emotional regulation, and create a sense of well-being. Techniques include: mindful movements, guided meditation/imagery, breath awareness, music, reflection and working with color.

Regular attendance and practice at home is highly encouraged to build a lasting foundation of inner resources.

Ages: 10 & up 3-5 participants

6 week program

Thursdays Sept 17-Oct 22, 2015 2:00-2:40

\$90 for series if paid in full at 1st class

\$20 per week, pay as you go (commitment to full series is requested)

1:1 sessions or parent/child sessions also available at Linden Grove to address individual needs

\$50 per session

For more information about 1:1 sessions: [mchenrysh@gmail.com](mailto:mchenrysh@gmail.com) or 513-708-9621

### **Instructor: Sherry McHenry**

Sherry has served our community for over 19 years, teaching life enhancing skills such as guided imagery, meditation and mindfulness to individuals, groups and corporations. She also teaches heart-centered communication, is a general biofeedback trainer, a reiki master and mediator for conflict resolution. As a stress management consultant, she created and managed guided imagery programming for nine healthcare facilities and has served on two integrative medical teams. In recent years, she has expanded her education and training to meet the increased requests of parents seeking training for their children with special needs in self-regulation, mindfulness, focus and resilience.

She can be reached at [mchenrysh@gmail.com](mailto:mchenrysh@gmail.com) or 513-708-9621