



Calm Resilient Kids

at Linden Grove School

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

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

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

Ages: 10 & up

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

Dates: November 30-March 8 2017

Where: Linden Grove

Fee: \$210 for **12 week series** (\$18 per week)

You may make 4 payments of 52.50. First payment is due by November 30th.

To register please contact Elizabeth Ewers at

eevers@lindengroveschool.org

*1:1 sessions available for \$20 a week.

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

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.