



Relaxation Skills



Date: Saturday, June 3

Place: Spiegel Community Center

35 Lincoln Avenue, Room 205

Time: 9:00-11:00 am

****No Fee to Attend****

Led by a licensed social worker, this workshop will help youth in grades 5-8 to become healthier, happier and more resilient.

Self-Control skills are important to improve attention and focus, stress management, impulse control and self-awareness..

Learn self-regulation skills, stress reduction, and mindfulness techniques to cope with stress.

Explore meditation.

Please RSVP to Loraine Young, LCSW-R at:

Lyoung@pittsfordyouthservices.org

In your RSVP please provide the following:

Program title, parent's name, child's name, age and school.

Please also include contact email and phone number.