Mindfulness Magic
A wellness group to help children cope with stress and anxiety
Please call with interest or questions!
(414) 266-3339

Starting Jan. 22nd 2020
4:00-5:30 p.m.

New Berlin Clinic-
Behavioral Medicine
2nd Floor

Co facilitated by
Tamara Makhlouf, LPC &
Linda Flahive, Counseling Student Intern

Participants:
- 7-10 year old youth (co-ed) who experience anxiety and/or have difficulties coping with stress.
- Group uses education and yoga as a way to teach about stress, anxiety, coping skills, and emotional expression.
- No yoga experience necessary.

Requirements:
- Commitment of 4 sessions from Wednesday January 22 to February 12, 2020
- Parental commitment is one intake session