

# 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  
2<sup>nd</sup> 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

