

MINDFUL WARRIORS: A COPING SKILLS GROUP FOR KIDS

AGES 9-12

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Riskin's Children Center is proud to offer a skills based group focused on learning how to cope with anxiety, manage stress and more. This group is facilitated by a licensed professional counselor and art therapist.

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Please email rcc@mhainspire.org
or call 973-509-9777 for information
ask for Mindful Warriors



**When: Mondays 5-6pm
June 26th- August 14th**
** Group will not meet on July 3rd**

**Where: 33 S. Fullerton Ave
Montclair, NJ**



- ☀ *Pre-screening will be required for group.*
- ☀ *Low cost fee option if out of network.*