

CASA HEALTH & WELLNESS PRESENTS:

The Happy Healthy Friendship Series!

A 6-WEEK WELLNESS GROUP FOR 4TH GRADE

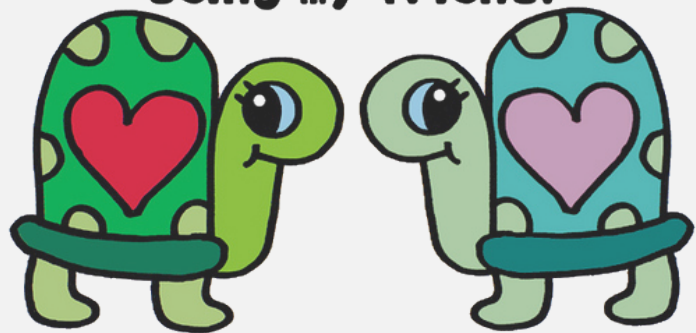
Thursdays 4-5 PM (onsite at Rooftop Burnett)

6 weeks:

Nov 1 - Dec 13, 2018

As part of our continuing series of 'Kindness is Cool'-themed wellness programming, CASA Health & Wellness will be offering a 4th grade wellness group designed to promote positivity, empathy, and mutuality in relationships. The aim of this group is to strengthen participants' capacities to build healthy, supportive, and compassionate relationships (with the people in our daily lives, the world at large, *and* ourselves) through experiential exercises on empathy and gratitude. Meetings include activities such as: guided imagery & visualization; written or artistic reflections on brief excerpts from TEDtalks and other media; collaboratively developed creative service projects; group sandtray projects; circle sharing of perspectives on relevant personal, community, or world dilemmas ... Just to name a few! These projects will be undertaken within a small group context, offering a space for 4th grade students that is both engagingly challenging and uniquely restorative.

**Thank you for
being my friend!**



**To
Register:**

lilycardasis.com/student-wellness-groups

Questions? Contact Lily:

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