



# MASTERING MINDFUL MINDS



**MASTERING MINDFUL MINDS IS A FUN, SIX-SESSION WORKSHOP THAT TEACHES AND EMPOWERS KIDS TO NOTICE EMOTIONS AND HOW OUR BODY AND MIND REACT DURING DIFFERENT SITUATIONS.**

## **WHO SHOULD PARTICIPATE? ADOLESCENTS AGES 10-14.**

At Gals Institute, we believe mindfulness is a life skill that anyone could benefit from strengthening. Our mission is to provide prevention and take a proactive approach while kids' brains develop and grow. We role model and teach kids early on the tools that we know effectively lower stress, anxiety, and conflict before having more severe struggles as adults. Some participants may join with specific challenges or goals; others use our programs to learn these life strategies.

## **MASTERING MINDFUL MINDS ADVENTURE INCLUDES:**

- Six weeks of Cognitive Behavioral Therapy (CBT) strategies to challenge the "Negative Nancies" in & outside of our head space.
- Master, the Think, Feel, Do strategies to keep Calm and cool when under pressure. Whether it is when playing sports, at school, or with social relationships, there will be a strategy for everyone.
- Regulating and mastering emotions (DBT) and learn conflict resolution skills.
- Mindfulness skills to calm the mind and body.
- Increase self-care by creating an individualized plan. Healthy peanut/gluten-free snack weekly.
- All program materials and supplies provided for the entire workshop.
- Decrease and regulate unhealthy toxic interpersonal relationships.
- Week Six: Special parent education: End of program tips and tools for days ahead.

## **WORKSHOP DATES:**

**OCTOBER 6- NOVEMBER 10, 2021**

- Workshop meets weekly on Wednesdays
- 6:00 P.M.- 7:30 P.M.
- All workshop supplies & snack provided

## **COST/SIGN UP:**

- \$325 - 6 week in-person group

## **REGISTRATION OPTIONS:**

- Use the QR code below to register your child.
- Go to [galsinstitute.com](http://galsinstitute.com), click the Services tab & select Resiliency Events & Workshops.



**QUESTIONS?  
INFO@GALS.INSTITUTE**

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## **WHERE:**

Gals Institute, LLC  
383 Williamstown Drive Ste-101  
Delafield, WI 53018

*Details will be sent out in confirmation email.*



## **COVID-19 PROTOCOLS:**

Proof of vaccination must be provided for anyone ages 12 and older or wear a mask during group meetings. Anyone under age 12 must wear a mask during group meetings.

