

# **Mindfulness for youth**

This is an in-person event

Date March 24, 2026

Time 2:00 pm to 3:30 pm

Location Third floor program room

Event type [Children](#)

Registration is closed.

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Event overview

March 24, 2026

2:00 pm to 3:30 pm

Join us for this introductory session on mindfulness for youth. We will explore a variety of mindfulness activities that you can do with children and youth to practice mindfulness and help to encourage calm.

We will make a couple of crafts, do guided meditations, explore the mindfulness pond and practice a couple of yoga poses together.

This program is for all youth and families with children under the age of 13.

Registration is required. Children 10 and under must be accompanied by an adult caregiver. Register all participants, youth and adult. Drop-in will be permitted if space allows.

Registration is closed.

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