

Taming Your Child's Anxious Mind

a free class for Golden community members

Taming Your Child's Anxious Mind is part of a new series of **FREE** classes offered for Golden area residents by the Rotary Club of Golden. Our Mental Wellness Initiative focuses on promoting mental well-being in teens and kids.

Date: Tuesday, April 9, 2019

Time: 6:30 - 7:30 p.m.

Place: Miners Alley Playhouse, Golden, CO

Please RSVP via Eventbrite: <https://tameyourchildsanxiousmind042019.eventbrite.com>

Class Description: Does your pre-teen/teen struggle with stress and anxiety? Come learn a few techniques to help your child tame their anxious mind. We will discuss and practice effective coping skills including mindfulness and relaxation and you'll learn how to teach these skills to your child. This class is for parents and caregivers of children ages 12-18.

Speaker: Alistair Hawkes has worked for 25 years as a therapist in a multitude of community settings, helping people heal and grow, and teaching clients the principles of self-regulation through mindfulness and body awareness. She currently works as a Prevention Specialist for Jefferson Center and spends her work week teaching self-regulation life skills to elementary school students in the public school system.

Directions: Miners Alley Playhouse is located at 1224 Washington Ave, on the second floor of the Foss building. The entrance is located on the corner of 13th St. and Washington Ave in Golden. Towards the rear of the building, there is plenty of parking available in the lot between Miner's Alley and Arapahoe Street and 12th & 13th as well as street parking

For more information, please call 303-278-2823.

Please come at 6:15 p.m. and enjoy a free sandwich & drink

Our special thanks to Miners Alley Playhouse for their support and use of their facility!

