



THE COALITION FOR CHILDREN

# MINDFUL MOVEMENT



## ABOUT THE GROUP

A weekly parent-child play & learn group featuring stories, movement and songs on basic concepts of self-regulation, fostering compassion, emotional literacy and open-mindedness. Designed for young children (ages 2-6) to attend with a caregiver.

No cost thanks to the Coordinated Family & Community Engagement (CFCE) Grant.

## MEET-UP DETAILS

- Mondays Sep 9 - Nov 4
- 10:00 AM - 10:45 AM
- Falmouth Public Library
- All participation levels welcome
- Does not meet when public schools are closed (10/14 & 11/11)



**FALMOUTH  
PUBLIC LIBRARY**  
300 MAIN STREET, FALMOUTH, MA

## SIGN UP HERE



[TheCoalitionForChildren.org/playgroups](https://TheCoalitionForChildren.org/playgroups)

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