



THE COALITION FOR CHILDREN

MINDFUL MOVEMENT & KIND KIDS



ABOUT THE GROUP

Join Erin in the Hermann Room for movement, mindfulness, stories and songs. Mindfulness equips children with emotional literacy, fostering compassion, emotion regulation and even better sleep! Designed for young children (ages 2.5 -6) to attend with a caregiver.

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

MEET-UP DETAILS

- Saturday February 15, 2025
- 2:00 PM - 2:45 PM
- Falmouth Public Library
- All participation levels welcome
- Registration recommended



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

SIGN UP HERE



TheCoalitionForChildren.org/specialevents

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