



Mindfulness Workshop

With Blue Water Anchor
&
The Arc of Macomb County



Take a moment for yourself to mentally prepare for the busy holiday season!

Learn:

- ◆ Mindfulness strategies to relax & recharge
- ◆ Techniques to help reduce not only holiday stress, but chronic stress
- ◆ Methods to help reduce your child's anxiety

User-friendly manual available for purchase, to guide you in continuing your practice.

Additionally, a multitude of sensory and other items available for purchase include:

**Gift Card
Raffle!**

Stress balls
Crazy Aaron's Thinking Putty
Fidgets
Journals

**Light
Refreshments**

Tuesday, December 4th
6:30 pm to 8:30 pm
Macomb Intermediate School District (MISD)
Room 103 B
44001 Garfield Road
Clinton Township, MI

Register for this event by clicking [HERE](#).

Email us: bluewateranchor@gmail.com or
Call us: 586-405-4755 with additional questions
bluewateranchor.weebly.com

All donations and proceeds allow us to continue to provide programs and services to the community.