



**WEDNESDAYS**

3:00 PM to 3:50 PM

# MINDFULNESS WITH ART

Mrs. Mimi at The Stewart Center is forming a group for *Mindfulness with Art* sessions beginning in November 2022.

Students will incorporate art, music, sound, and meditation to enhance mindfulness practices together as a group. Mindfulness has been proven to enhance self-control, flexibility, self-awareness and lower anxiety, stress, and depression.

The other benefits of mindfulness include improved mood, empathy, and compassion.

**FOR KINDERGARTEN AND UP**

**INTERESTED?**

Email Mrs. Mimi at  
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**MIMI LE, M.A., LMFT, LPC  
LICENSED PSYCHOTHERAPIST**

