



JOIN US FOR **GoZen!**

We are excited to offer virtual GoZen! for Grades 3 - 5

GoZen! is a skills building program that teaches students hands on tools and strategies to effectively identify, understand, and manage worry and anxiety in a fun, engaging and interactive approach. Students learn about their brains and discover their strengths through relatable, age-appropriate characters introduced throughout the curriculum. They begin to understand the science behind how and why we worry and practice the skills needed to manage anxiety! Students participate in activities that teach mindfulness, resilience, relaxation, and problem-solving strategies. This class benefits every child!



Monday Class

4:30-5:30

4/19, 4/26, 5/3, 5/10, 5/17, 5/24, 6/7

Wednesday Class

1:00-2:00

4/21, 4/28, 5/5, 5/12, 5/19, 5/26, 6/2

Both classes are for children in Grades 3 – 5

Register at www.wiltonyouth.org/gozen-registration

The fine print:

- Registration fee is \$125
- Pay by PayPal, credit card, or check
- Full scholarships are available if needed and are kept in strict confidence. Information about financial assistance is on the registration page.
- Capacity is limited. Minimum enrollment required in order for class to run.

Questions?

Contact: Kara Berghaus, M.S. Ed.
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