



ZEN DEN WORKSHOP

MINDFUL MEDITATIONS AND DISCUSSIONS

MANAGING YOUR HAPPINESS

Zen Den founders, Michelle Anglisano and Kristen McDermott, use a research-based approach to conduct a relaxing and informative workshop which provides meditations and discussions around the subjects of self-esteem, no blame, guilt, discourage to encourage, fear, anger and resentment. Using mindful meditations and discussion, the children/pre-teens will learn to journey through their life with a few new attitudes to help them with daily situations.

Pre-registration is required.

WHO:

Children 7-9 years of age (5-6pm)

Preteens/Teens ages 11-15 (6-7pm)

WHEN:

4-week course beginning February 4, 2021

Classes take place on Thursday's each week

WEEK 1: Self-Esteem (2/4)

WEEK 2: No Blame-No Guilt (2/11)

WEEK 3: Discourage to Encourage (2/18)

WEEK 4: No Fear, Anger or Resentment (2/25)

WHERE:

Meetings take place on ZOOM

Register to receive ZOOM Information

heather@hopeshedslight.org



HOPE SHEDS LIGHT

(HSL) is a family-focused not-for-profit agency that offers education, resources, support and HOPE to everyone and anyone affected by addiction and the opioid epidemic.

OUR MISSION

The mission of HOPE Sheds Light is to raise awareness and educate individuals, families and the community about the impact of addiction by having the courage to share personal experiences and offer strength, wisdom, hope and resources that lead to positive community change and long-term recovery.

HOPE Sheds Light is supported by friends and families directly affected by addiction, and found recovery through continuous love, support and understanding.

A New Jersey Non-Profit Corporation. IRS 501(c)(3) – Tax ID: 46-3910504

HOPEShedsLight.org

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