

HALDIMAND-NORFOLK

# REACH

## CHILD & YOUTH MENTAL HEALTH FITNESS SERIES EXPRESSION SESSIONS!

The Mental Health Fitness Series teaches youth specific skills to maintain and grow their mental health.

These virtual expression sessions are designed around fun, creative, and interactive activities which teach youth strategies about mindfulness, relationship building, positive messaging, and community connections.

### SESSION 1

#### ZEN GARDENING

Tuesday, January 25  
6:00 pm – 7:00 pm

This virtual expression session is designed around a fun, creative, and interactive activity which teaches youth strategies about mindfulness to help with worry, anxiety, and busy thinking.

Participants will design and build their very own Zen Garden while practicing relaxed breathing, mindfulness practices, and positive affirmations.

### SESSION 2

#### TWO ROW WAMPUM BACKPACK ACCESSORY

Wednesday, February 16  
6:00 pm – 7:00 pm

Drawing from the teachings of the Two Row Wampum, this virtual expression session teaches youth strategies about growing and being in healthy relationships while making their own Two Row Wampum backpack accessory.

### SESSION 3

#### ROCKING KINDNESS

Tuesday, March 16  
6:00 pm – 7:00 pm

This virtual expression session teaches participants about the effects of positive messaging to self and others. Participants will decorate rocks with positive messages and images and then along with their caregivers will share the rock with their community.

Ages 7-11 | Free to youth in Haldimand & Norfolk and Neighbouring Communities Space is limited

This expression session is offered virtually via the Zoom Platform, an activity box will be provided with all materials.

For more information or to register call  
519.587.2441 or 1.800.265.8087 x350

101A Nanticoke Creek Parkway, Townsend, ON N0A 1S0  
Our main office hours are: Monday to Friday - 8:30 am to 4:30 pm



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Supporting children, families, communities

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