

# yoga for teens

## youth group



SUPPORTIVE YOGA GROUP DESIGNED TO EXPLORE SELF-CARE AND EMOTIONAL WELLBEING. LEARN PRACTICAL TOOLS TO MANAGE STRESS, BUILD CONFIDENCE, AND FEEL MORE CONNECTED, SEEN AND ACCEPTED.

**WHEN?** Mondays from January 26<sup>th</sup> - March 16<sup>th</sup> from 6:00 - 7:00 PM

**WHERE?** OPC Office (36 Washington St. Toms River, NJ 08753)

**WHO CAN JOIN?** open to all teens in Ocean County - no experience necessary

**QUESTIONS?** contact Kate Dorando (lead facilitator): [kdorando@oceanpartnership.org](mailto:kdorando@oceanpartnership.org)

**FREE** to all attendees! Supplies will be provided at no cost.

RESERVE YOUR SPOT NOW! SCAN THE QR CODE BELOW TO REGISTER:

