

## Elk Grove Township Youth Services

# MINDFUL SELF-EXPRESSION WORKSHOP

*Fees are waived for Elk Grove Township residents!*

Wednesday, August 27th

4:00pm - 5:30pm

**NEW THIS SUMMER!** Join us for a creative workshop focused on aligning mind, body, and spirit. Through drawing, painting, sketching, and improv exercises, youth will explore mindful self-expression in an inclusive environment.

### What are the benefits?

- Reduces stress and anxiety
- Builds confidence
- Encourages creative expression of ideas

### Who is this class for?

- Ages 10 - 18
- Beginners seeking to learn



*\*All materials will be supplied on-site  
Space is limited! Registration is required.*

To register or for more information please scan the QR code or contact Youth Services at 847-981-0375 or [youthservices@elkgrovetownship.com](mailto:youthservices@elkgrovetownship.com)

