

Mindfulness Toolbox

for youth

We teach youth skills to

- manage emotions
- develop peer relationships
- develop empathy
- strengthen focus and more

For youth ages 9-12

Taught at KidSpace, 3401 Mission Street



Sydney Martin
MFTi



Olivia Rivera
LCSW and
Certified Mindfulness Instructor

Mondays from 5:00-6:15 PM
February 5th through April 2nd

*Except for Feb 19th and March 26th

To sign up or for questions call (415) 695-1400
or email us at: info@kidspacetherapy.com