



# Youth Mindfulness Circle

Small group support for 6th-12th grade girls/young women and non-binary youth.

Discover practices that offer grounding in times of stress and comfort in times of upheaval.

## **Meeting masked, in-person & outdoors in Port Townsend**

Saturday afternoons: 2/20, 3/6, 3/20, 4/3, 4/17, & 5/1

To register, contact: [teachers@thebenjiproject.org](mailto:teachers@thebenjiproject.org)

Free of charge, donations accepted

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