

INSPIRE & IGNITE!



ALL GIRLS GROUP

This unique opportunity includes 9 hours of group counselling and 2 hours of complementary individual sessions.

Sundays, from Feb. 4 - March 17th

Mindfulness, art, yoga, emotional awareness, reflection, connection, and inspiration

**Ages 8-11
4:00-5:30 pm**

**Ages 12-14
6:00-7:30 pm**



**root + radiate psychology
6031 4th St. SE, Calgary**

email to register: support@rootandradiate.com