

Mindful Mavericks in Motion



A New Therapy Group
for Girls 9-11

Helping to navigate
school, friendships,
and family
Mondays

6:30 - 7:30 PM

Providing our pre-teen girls with a positive and engaging space to talk, share, and build essential coping and stress reduction skills through the healing power of music and dance.

[\(973\) 588-4486](tel:(973)588-4486)

