



FALL & HOLIDAY 2021

Enrichment Programs for Kids

at Listening Wellness Center

All classes are now
IN PERSON @ LISTENING!

Medieval Fantasy Art with Jen Swan

8 weeks: Mondays • 3:45–4:45 pm • 9/20–11/15 • Ages 6–12 • \$80

Let's create art inspired by the stories and legends of the Medieval times with a fantasy twist. From floating castles, fairies and dragons, to illuminated letters, unicorns and embossed copper, we will explore a variety of techniques and materials such as drawing, painting, clay, and metals.

REGISTER

A Little SPOT of Feelings and Emotions with Jen Zehler

8 weeks: Tuesdays • 3:45–4:15 pm • 9/21–11/16 • Pre-K–Grade 2 • Free*

We all experience feelings and emotions every day. In this series students will learn about seven emotions and feelings associated with them as well as learning techniques and coping strategies to regulate big emotions through stories, art, games, and mindfulness.

REGISTER

Mindfulness & the Arts: A Creative Path to Awareness with Jen Zehler

8 weeks: Tuesdays • 4:30–5:15 pm • 9/21–11/16 • Grades 3–6 • Free*

When our thinking minds are quieted, when we are absorbed in the flow of art, of simply being—something quite magical begins to happen. In this series we will practice ways to connect more deeply with ourselves, each other, and the natural world through creativity, play, and mindfulness.

REGISTER

**The funding for these mindfulness programs are generously offered by the benefactors of the non-profit Trinity Institute for Applied Neuroscience and Spirituality (tians.online) who strongly believe in the value of this work.*

Cookies, Cakes, and Pies, Oh My! with Kathy Carmosino

6 weeks: Wednesdays • 3:45–5:00 pm • 9/22–10/27 • Ages 6–11 • \$70

Classic Fall baking. Do you have a favorite? Let's find out together as we bake up some delicious recipes using many in season ingredients along the way. We'll learn skills and techniques each week as we prepare our recipes together. Finished product will be wrapped up to bring home to enjoy.

REGISTER

Karate with Brad Warren

8 weeks: Fridays • 4:30–5:30 pm • 9/24–11/19 (no class 10/8) • Ages 5–9 • \$80

Children learn focus, flexibility, confidence and self-control using Goju-Ryu Karate techniques in a positive and supportive environment.

REGISTER

Holiday Classes Register by November 19

Art from the Heart: Holiday Gift Making with Jen Swan

3 weeks: Mondays • 3:45–5:15 pm • 11/29, 12/6, 12/13 • Ages 6–12 • \$35

Create unique handmade gifts for your family and friends this holiday season. We will make family keepsakes, ornaments, mini canvases, block prints and much more!

REGISTER

Holiday Baking with Kathy Carmosino

3 weeks: Wednesdays • 3:45–5:15 pm • 12/1, 12/8, 12/15 • Ages 6–11 • \$40

We'll work together to make a holiday treat each week. Students will bring home treats each week to share. Recipes will go home after each class so they can make homemade holiday gifts! Holiday cookie, candy and other yummy treats will be prepared in this class.

REGISTER

HOW TO REGISTER: Click on each program button for more information and to register on Eventbrite.

PLEASE REGISTER EARLY: Cutoff date is September 10 for all classes. We do have minimums and maximums for class size.

SCHOLARSHIPS Scholarships are available by a grant from Barre Savings Bank Charitable Foundation. We encourage you to apply by emailing listeningwellnesscenter@gmail.com or selecting the scholarship ticket in the event.

Funding in part by local Cultural Councils including Hardwick/New Braintree Cultural Council, Hubbardston Cultural Council, Barre Cultural Council, and Barre Recreation.

COVID protocols will apply. For more details please reach out.

listeningwellness.org • 978-355-3501

Disclaimer: The activity announced here is NOT sponsored or approved by the Quabbin Regional School District. It is offered by a private agency.

