

SPRING 2024 Enrichment Programs for Kids

Listening Wellness Center



Upcycled Art with Jen Swan

6 weeks: Mondays • 3/25, 4/1, 4/22, 4/29, 5/6, 5/13
4:00–5:00 pm • Grades 1–5 • \$85

Be creative and find new ways to make art out of unexpected materials! We will paint ocean creatures using bubble wrap to add texture, create portraits out of paintbrushes, and make mosaics using tile, glass, and found objects. From buttons to bottle caps, each class will be an opportunity to express yourself and recycle.

[REGISTER](#)



Abstract Painting & Collage with Jen Swan

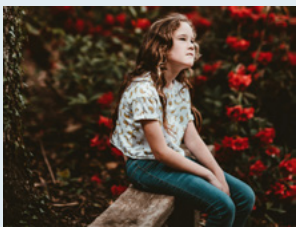
FREE Workshop: Teens Community Through Art

Friday, April 19 • 3–4:30 pm • Ages 12+ • Space is limited—Registration required

Learn techniques in collage and acrylic painting in this workshop designed to explore relationships of color, pattern, and texture. We will use gel medium, decorative papers, and found materials to infuse your acrylic paintings with added interest and creativity. All levels welcome and all materials provided.

Funded by a Festivals & Projects Grant from Mass Cultural Council.

[REGISTER](#)



Posture Power: Stand Tall, Feel Great!

with Rhonda Hamer

2-Hour Workshop: Tuesday, April 9, 2:30–4:30 pm • Grades 6–8 • \$24

Do you know there are activities and exercises you can do a few times each week to really improve your posture? Better posture can make you look taller, feel better and gain confidence. It's a little bit lecture and a bunch of practice with exercises and stretches to improve posture.

[REGISTER](#)



Yoga for Teens with Lisa Holloway

6 weeks: Thursdays • 3/28, 4/4, 4/11, 4/25, 5/2, 5/9
2:30–3:15 pm • Ages 12+ • \$60

Class will begin with a grounding exercise. Work on strength, balance, and flexibility through yoga poses. Develop emotional equilibrium, self-esteem, and concentration with breathing, relaxation, and meditation components. End in Savasana, a restorative yoga pose, integrating everything we did throughout class.

[REGISTER](#)

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

PLEASE REGISTER EARLY: Cutoff date is 7 days prior to first class.

SCHOLARSHIPS are available. We encourage you to apply by emailing office@listeningwellness.org or selecting the scholarship ticket in the event.

Funding in part by local Cultural Councils including Hardwick/New Braintree Cultural Council, Barre Cultural Council, and Oakham Cultural Council, local agencies which are supported by the Mass Cultural Council, a state agency.

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.



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