



calm. 50 Years

STRENGTHENING OUR COMMUNITY • ONE FAMILY AT A TIME

CALM at School

Join us for new classes and workshops each week with CALM therapists!

Mindfulness For Parents

Weekly 15 minute mindfulness held on Thursday mornings from 10:00-10:15 a.m.

Zoom Meeting ID – go to zoom.us and enter join meeting code: 369-338-2192
Instructor: “Ella” Danielle M. Lauser, LMFT #116582

Join Ella for 15 minutes of mindfulness specifically to support parents in managing the unique stressors we are experiencing at this time. Participants can join at any time. This class will be held weekly until June 1.

CALM Circle Time for Preschoolers

Tuesday and Thursday at 10:00 a.m.

Find CALM Circle Time on CALM’s Facebook page

Instructor: Jennifer Mundy, LMFT #97276
Fun songs and stories every week. Circle time streams live at 10:00am on Facebook

Visiting Feelings & Coloring Them

Monday, April 20th 11:15-11:45am

Instructor: “Ella” Danielle M. Lauser, LMFT #116582

Zoom Meeting ID: 681-920-372
Password: 040048

*best suited for children up to age 9 paper please provide your child with: crayons/colored pencils/markers
Invite your children to join Miss Ella as she reads Visiting Feelings. This book encourages children to treat their feelings like guests – welcome them in, get to know them, and

perhaps learn why they are visiting. Miss Ella will then guide children in a feeling coloring exercise.

Mini-Dancey Pants Party

Wednesday, April 23rd 3:15-3:30 p.m.

Zoom Meeting ID # 369-338-2192

RSVP for password at

elauser@calm4kids.org with subject line: Dancey Pants RSVP

Instructor: “Ella” Danielle M. Lauser, LMFT #116582

Join “Miss Ella” Danielle M. Lauser, Early Childhood Consultant for a little yoga & tai chi-based movement as well as some dancey pants time. 15 minutes of fun movement class for kids of all ages, especially the grown up ones.

Cafecitos

Tuesdays at 10:30am

Luz Cordova te invita a una reunión de Zoom

¡Te invitamos asistir a Cafecitos el próximo martes a las 10:30 am! Todos los padres están invitados a participar en conversaciones sobre los factores protectores y el fortalecimiento familiar.

La haremos en vivo a través de Zoom.

Meeting ID: 571 570 2396

Password/contraseña: 124576