



# MINDFULNESS AND ART WORKSHOP

3:00–4:30pm  
Thursday, Nov. 25th  
Chebucto Family Centre

Youth in grades 6–9

Come on out to the YWCA's  
mindfulness and art workshop!  
Experience self-expression through  
creative art practices and fun design.  
No experience necessary.

Register Now!

Info: [YouthPrograms@YWCAHalifax.com](mailto:YouthPrograms@YWCAHalifax.com)