

Mindfulness 2018-2019
Session Details

Session 1 – Registration opens August 1, 2018

Fridays, 7:50–8:20am (7 week session)

September 21–November 30 (no class on October 19 and 26, November 9 and 23)

Open to: Grades 3–6

Fees: None

Session 2 – Registration opens November 30, 2018

Fridays, 7:50–8:20am (6-week session)

January 25–March 1

Open to: Grades 3–6

Fees: None