

# Winter

world of love and kindness

Join us for a free family fun event focusing on the mental health of our youth age 5 and up.

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**JANUARY 22**

**AT WATERFORD RECREATION CENTER  
5640 WILLIAMS LAKE ROAD  
FROM 10:00AM - 12:00PM**

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This event will use a variety of activity stations designed to help kids work through stress and build conversation starters with parents. Activities include:

- Create a Worry Box
- Kindness rock painting
- Dance and movement
- Calming glitter jars
- Breathing exercises
- Gratitude board
- Light refreshments

