Welcome to Stressed Teens Class!

I am very much looking forward to meeting your teen on Wednesday, January 31st 2024 at 4:00pm for our first Stressed Teens Class. This class will be held In-Person.

This class runs for 8 consecutive Wednesdays ending on March 20th Be sure to clear your teen's calendar so that they are able to attend each class. Attendance is **very** important, not only because each class is filled with wonderful information, but also because each class builds from the prior week. Your teen will have the opportunity to benefit in a much more profound and meaningful way from attending each session. If, for whatever reason this is not possible, please let me know and we can discuss whether or not your teen should enroll for another session.

Stressed Teens Class is a dynamic program that will offer your teen a number of different practical tools for healthy coping and emotional regulation within a powerful group setting; with mindfulness practices, meditations, projects, and healthy lifestyle skills being the centerpiece. It is quite helpful for parents to ask their teen about what they have learned each week; perhaps to review the workbook lessons and to ask your teen what their "On Your Own Practices" are for the week. It can be fun to share and reinforce skills learned, and to have your teen teach you meditations and mindfulness practices while engaging in these new skills right alongside them.

Your teen will be provided with a **Stressed Teens Workbook** on the first day of class. Please be sure they bring their workbook to each class. Also, please have your teen dress comfortably - as we will engage in a movement practice each day.

Also, it is important that your teen arrives to each class **5 -10 minutes early**, as we always begin right on time, and this allows for time to settle and interact with the other classmates.

REFUND POLICY: Full refunds are provided up until Monday, January 18th. After this date there are no refunds due to the high demand of this class.

Feel free to give me a call if you have any questions or concerns before the session begins or anytime during the 8-week session at 231-342-9634 or email me at wendyweckstein@gmail.com

I am very much looking forward to getting to know and spend time with your teen and will see them in January!

Take care,

Wendy