



CREATIVE CALM

≡ *A 4-Week Wellness Series for Teens* ≡

TEENS AGES 13-18



A FREE 4-WEEK PROGRAM

Designed to help teens manage stress, build confidence, and learn practical wellness tools.

- ✓ **SOUND MEDITATION**
- ✓ **JOURNALING**
- ✓ **MINDFULNESS**
- ✓ **STRESS REDUCTION TECHNIQUES**
- ✓ **CREATIVE KEEPSAKE PROJECT**



MONDAYS
JULY 6, 13,
20 & 27



3:00 PM - 4:00 PM



PUTNAM COUNTY
YOUTH BUREAU

TILLY FOSTER FARM

100 Route 312, Building 7
Brewster, NY 10509

FREE SNACKS PROVIDED!



FOR MORE INFORMATION:

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