

THE YWRC, IN PARTNERSHIP WITH PCCAS, IS OFFERING:

YOUNG
WOMEN'S
RESOURCE
CENTER

8-WEEK GROUP

HEALINGARTS YOGA

STARTING OCTOBER 6

FOR 14-18 YEAR-OLDS



Through creative art expression and in a safe and predictable environment, clients are invited to notice sensation, experiment with movement & breathing, befriend & reconnect with their bodies and practice making choices that are right for them.

Thursdays

3:00pm-4:15pm

@ YWRC

818 5th Ave, DSM

TRANSPORTATION PROVIDED!

To register for group, call the
YWRC at 244-4901.

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