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## "Flow Through Summer" Week 2: June 13-17

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*thank you for being here!*

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"The program will offer a mindfulness curriculum that will incorporate themes relating to boosting the well-being of the young people by engaging with them with the goals of developing self-regulatory capacities, positive self-concept, supportive relationships and healthier lifestyles."



\*\*\*Of note: There was a heatwave during this week + office closures as a result, so a few sessions were cancelled. I also came down with an illness so was not present to take observational notes.



## FROM THE INSTRUCTORS + THE YOUTH ~

"We talked about some deep stuff ~ Last time they were truly happy, biggest fears, favorite place, etc. They all mentioned that they didn't have a parent to look up to; an overdosed dad, jailed moms..." ~ Carole feedback after playing "Letz Talk" Card Game with them

"We talked about 'going with the flow' today, and that's what G called his art piece." ~ Carole

"L said his art is like point zero. The still point between. One end is desolate and the other is lush." ~ Carole

"Brilliant kids!"

"Can we stay in here all day?" ~ Z, a new participant from MAYS

\*Note: The kids have made requests for more art supplies, including more brushes, a compass, etc., and have been requesting to do art when they come in ~ We love this!

"T, (from MAYS) said one thing he's proud of recently is helping a friend fix their car."

"One of the youth, who seems to be deeply hurting, opened up with painting."

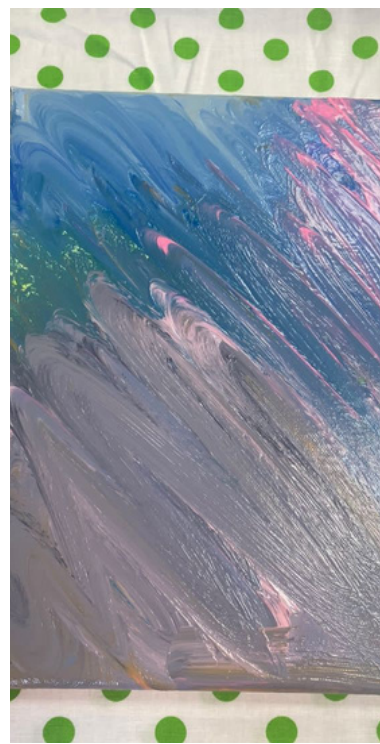
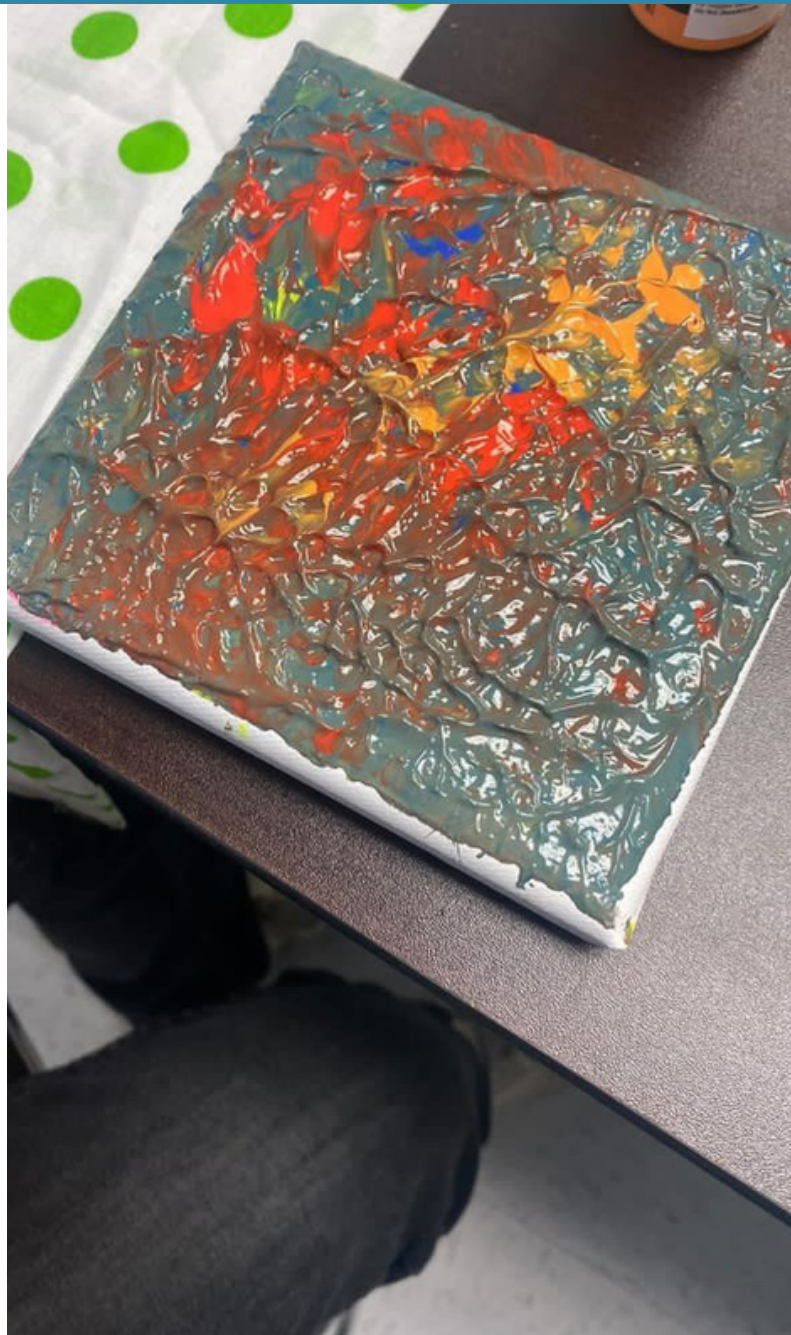
"A's finished painting is called, "Hope.""

"We had SUCH a great day :) Today was partner poses and working as a team to build an obstacle course we all created. Teamwork and connection through creativity and fun." ~ Anne-Marie

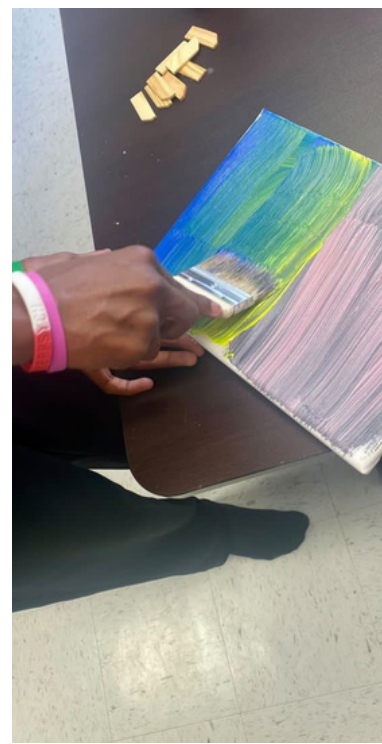
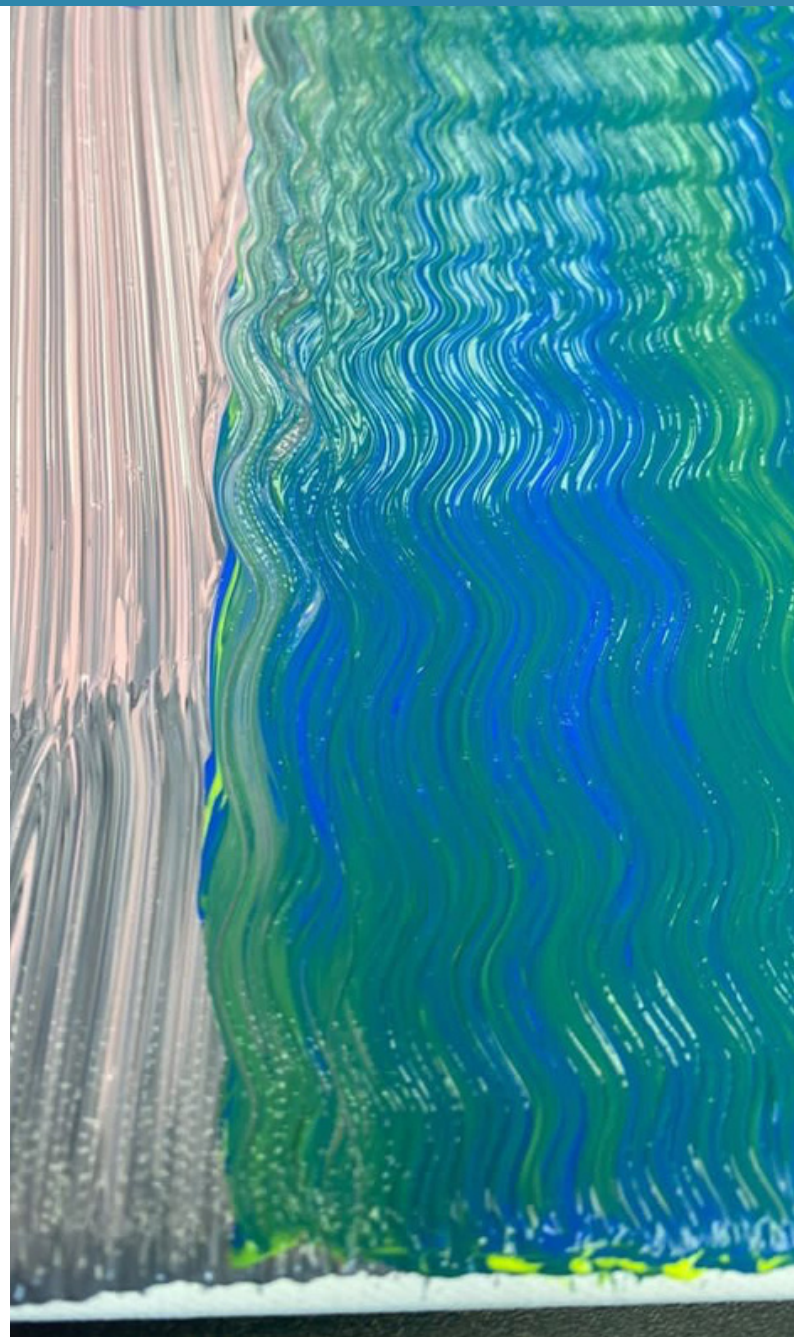
"I love these kids!"

"M loved getting her nails painted."

# BEAUTIFUL ART + EXPRESSION I



# BEAUTIFUL ART + EXPRESSION II



MOVEMENT + PARTNER POSES, GETTING NAILS PAINTED WITH SPARKLES, "LETZ TALK" CARDS, ANIMAL FRIEND, "TED!"



FLOW  
THROUGH SUMMER  
BY HERE

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See you next week!



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