



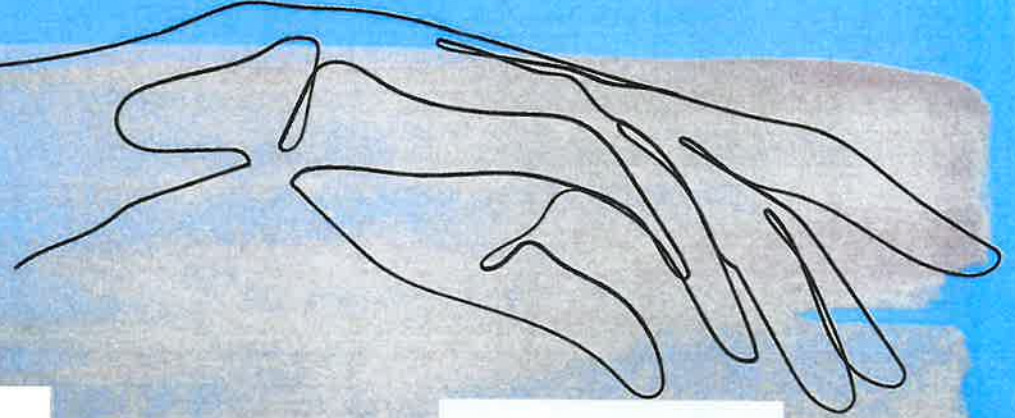
**BOYS & GIRLS CLUB  
OF THE BELLPORT AREA**

471 Atlantic Ave, Bellport

NY 11713

631-286-9090

# WELCOME OUR SEPTEMBER EMOTIONAL WELLNESS PARTNERS



## Trauma Informed Care & Resilience

**Wed, September 25th 2024**

**6 - 7pm**

Parents and caregivers will be equipped with knowledge and strategies to recognize, understand, and respond to the effects of trauma, while also being equipped with tools to foster resilience and self-empowerment.



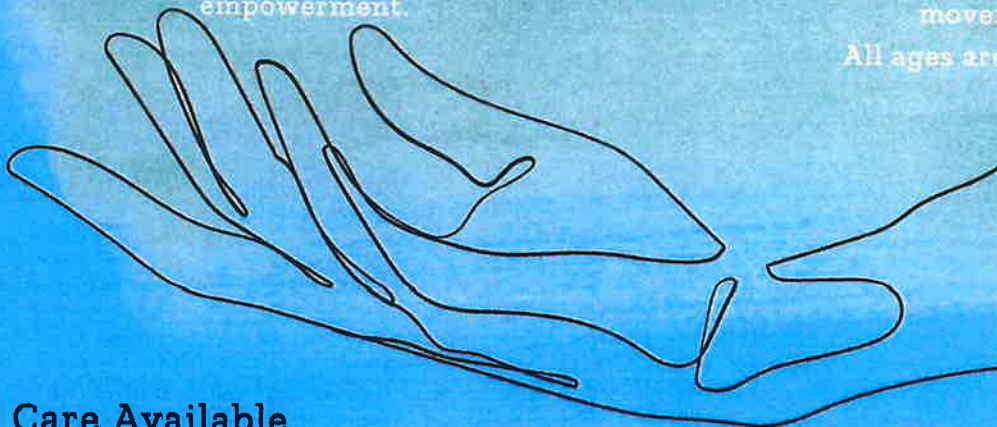
## Yoga & Mindfulness Exercise

**Fri, September 27th 2024**

**6 - 7pm**

Join our Family Fun Night of Yoga and mindfulness exercises to promote physical and mental well-being by fostering relaxation, enhancing focus, and reducing stress through breath control, meditation, and gentle movements.

All ages are welcomed!



**REGISTER HERE:**



**Child Care Available**