



**Mondays**

**10/ 22**

**10/29**

**11/12**

**11/19**

**11/26**

**12/3**

**10am-**

**Noon**

# **DRUM CIRCLE FOR** **MOMS**

Attend Free Session at 10am on 10/8 to see if this is a fit for you.

Contact Alexis for questions and registration.

[alexis@hopeandhealingmn.com](mailto:alexis@hopeandhealingmn.com)

(651) 484-4184

Group limited to six participants

2499 Rice St., Suite 70, Roseville, MN 55113

\$300 pre-paid for full six weeks

Or

\$60/session

Feeling exhausted, lonely and dysregulated by your high needs child? Come be a part of our Drum Circle for Moms – experience calm in your body and support around you, while banging a drum.