

Present for Peace Group for Kids and Teens Ages 10 to 18

Learning and Practicing Mindfulness in Daily Life



This free group is for kids and teens to learn and practice being present and mindful in their daily lives, with themselves, friends, family and teachers, and to empower them to know they can handle uncomfortable feelings and challenging situations. Being present and mindful can help a person become calm and more clear with knowing one's peaceful choices.

What kids can get out of the group:

- become aware of feelings, needs and choices
- learn the message of uncomfortable feelings and thoughts
- learn how to calmly and peacefully respond rather than react from anger, frustration, anxiety, etc.
- learn and practice how to be heard and how to listen to others
- connect with other kids
- feel a sense of agency and confidence
- have fun



Who Am I? My name is Cindy Olejar and I am a native of Seattle, WA. I am a former 4th and 5th grade teacher and nutritional therapy practitioner. Currently, I am a Certified Peer Counselor and Mindfulness Coach. Being present and mindful is key to knowing one's needs and making healthy lifestyle choices. I use HeartMath Breathing Techniques for stress, anxiety and emotional regulation, emotional CPR and incorporate other modalities such as Tai Chi, Yoga Nidra, Open Focus and Self-inquiry.

For more information email me at presentforpeace@gmail.com or call 206-755-1393 and visit www.presentforpeace.com.