



Go+Well ADHD Mini-Workshop at Hudson Gardens

Retreat Description: Teen Girls will enjoy a creative nature experience in order to reset for summer, reduce stress, boost mental health, increase physical movement and engage in art activities of their choice. Participants will learn practical ways to embrace their ADHD strengths through supportive practices and strategies, increase self-awareness and self-compassion. Participants will also enjoy quiet time to reflect in the beauty of the garden surroundings.

Go+Well Together – Teen Girl Workshop (6 Sessions)

Class Description: Teen Girls will enjoy an evening nature experience in order to reset for summer, reduce stress, boost mental health, increase physical movement and engage in art activities of their choice. Participants will learn supportive skills and strategies to increase self-awareness and self-compassion. Participants will also enjoy quiet time to reflect in the beauty of the garden surroundings. A different topic will be explored each evening session.



ADHD MINI-WORKSHOP

Thursday, June 1st and Friday, June 2nd
10:00am - 12:00pm

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Cost: \$175 (total for both days)

Includes boxed snack and beverages, journal & art supplies. Limited to 8 participants.

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TEEN GIRL WORKSHOP

June 1st, 8th, 15th, & July 6th, 13th, 20th
7:00pm - 8:30pm

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Cost: \$65/session or \$350/entire session

Includes boxed snack and beverages, journal & art supplies Limited to 8 participants.

GO+WELL SUMMER TEEN WALK & TALK SESSIONS

Individual sessions for boys and girls ages 12 and up – Contact Lindsey for information.



To register or inquire, please email Lindsey Ervin at lervin@claritygroup.org or call **303-323-4722 ext. 707**. Please include your name, your teen's name, age and which class or sessions they would like to attend. Each class will be limited to 8 participants. Please register by May 20th. Thank you!

For more about Lindsey, please visit www.claritygroup.org/lindsey-ervin