

# Kids Mental Health Boost

Every Sunday 4pm to 6pm

Call 612 227 8574 to sign up for Classes on Tuesday and Thursday from 6pm to 7:30 pm



What is Mind-Body Medicine?

"Medicine that focuses on the interaction among the brain, mind, body, and behavior and the powerful ways in which emotion, mental, social, spiritual, and behavioral factors can affect health



## Group drumming more effective than antidepressants, study suggests

As our scientific and cultural understanding of mental health continues to progress, finding solutions for people struggling with depression become increasingly important. Long gone are the days when people who were struggling with mental health issues were locked up in prison-like asylums. However, modern drugs can often have a similarly oppressive effect on sufferers, as people's emotional responses are numbed and they become unable to experience highs as well as lows.

- ▶ Kids Mind Body Spirit Integration
- ▶ Healing Drums Circle
- ▶ Social Resiliency
- ▶ Cross Cultural Therapy

When: Every Sunday 4pm to 6pm

Tuesday and Thursday 6pm to 7:30pm

Where: 6251 University Ave NE

Fridley, Minnesota

Register at:

[register@multiculturalkidsnetwork.org](mailto:register@multiculturalkidsnetwork.org)

# 612 227 8574