

YSB's Feel the Rhythm Dance Therapy

Dance Therapy is a small-group counseling program. Dance therapy is allowing youth to use movement to express a wide range of emotions. Dance therapy is designed to promote the connection between the mind and body to promote health and healing. The program is designed to aid upper elementary through middle school youth express themselves physically and emotionally. Emotionally, Dance therapy can help improve self-awareness, self-confidence and provide an outlet for children to express and communicate feelings. The group program will meet for six weeks. Join us as we move and groove into stronger you!

Ages 8-14

Every Tuesday starting October 13th

@ 3PM

Meeting Dates: 10/13, 10/20, 10/27, 11/3, 11/10, 11/17

REGISTER HERE: <https://tinyurl.com/y3llmyfl>

**Enrollment in
this groups is
FREE!**



**330 Grove St.
Dekalb, IL 60115
815.748.2010**

Space is limited due to COVID 19 Social Distancing Protocols
Please have your child arrive a few minutes early so we can provide
COVID 19 Check-in procedures.