



# DAY PROGRAM: HEALTH & MINDFULNESS



Our Health & Mindfulness program runs every Wednesday from 9:00am to 3:00pm during term. It is offered to teens and young adults with a focus on developing the necessary skills and knowledge to take care of their bodies and mind. We start the day with a fun visit to the gym or swimming pool. We then go shopping for ingredients for lunch and cook together at OTBE base.

We choose a different afternoon activity each week, which can include anything from ten pin bowling and yoga, to candle making and painting.

## Goals of the Health & Mindfulness program include

- Develop and strengthen our coping mechanisms
- Take care of our bodies
- Increase social skills
- Learn basic healthy cooking skills
- Promote independence