

youth services

calm jars

come and make calming jars



**Monday April 6,
2026**

5:00 pm to 7:00pm



*M22 Youth Building
2821 Nw Bayshore Dr.
Peshawbestown MI,
49682*

- *Promotes mindfulness*
- *Aids emotional regulation*
- *Teaches self soothing*



*subject to change due to weather or closure



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