

## We Care About Your Child's Mental Wellness!

Sign up now for the **Exer-Psyche Mental Wellness Project**. A ten session program, divided into two blocks, that uses Taekwondo and Cognitive Behavioral Therapy as a **fun and interactive way to build mental resilience.**



### FREE EVENTS

For children between the ages of 6-11  
and their parent/guardian!



#### WHEN

**Wednesdays at 7PM**  
**Block A:** 10/23/24 - 11/20/24  
**Block B:** 1/8/25 - 2/5/25



#### LEAD BY

**David Conant-Norville MD**

Child Psychiatrist, President of  
Mind Matters Family Center



#### WHERE

**Yong In Taekwondo  
Academy**  
7355 SW Barnes Road  
Suite C Portland, OR 97225



**Sungwoo Ha**

Taekwondo 8th Degree Grand  
Master, Owner Yong In Taekwondo



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