



**Clifton Health Department**  
**Public Health**  
 Prevent. Promote. Protect.



# Family Mindfulness

at the

**Little Falls Library • 8 Warren St. • Little Falls, NJ 07424**

Join the Clifton Health Department - Social Services Division for a fun and relaxing two days of mindfulness! Session 1 and 3 will be held with separate groups for parents and children (Ages 7-10). Session 2 and 4 we will bring everyone together for a joint session!

**MAY 18, 2024**

**Session 1: 10:30-11:30am**

Separate Groups for Parents and Children

**Session 2: 11:30am-12:30pm**

For All Participants

**JUNE 1, 2024**

**Session 3: 10:30-11:30am**

Separate Groups for Parents and Children

**Session 4: 11:30am-12:30pm**

For All Participants

Also on **May 18 at 10am** there will be a Mental Health Month Flag Raising at Town Hall



**The Township of Little Falls**  
 225 Main Street • Little Falls, NJ 07424  
 973.256.3884 • [www.lfnj.com](http://www.lfnj.com)

**Mayor James Damiano**  
 Council Members: Christopher Vancheri,  
 Anthony Sgobba, Michael Murphy,  
 Jayna Patel, Christine Hablitz

