



Tools for the Sensitive - Tips tools and education for Highly Sensitive Kids and Adults



- Do you or your child act shy or overwhelmed in public and/or around new situations?
- Do you or your child feel exhausted and/or hyperactive after going out in public?
- Do you spend extra time trying to help you or your child feel relaxed and comforted?

If you or your children have experienced these things, join us for a class for the whole family that dives into the rewarding and, at times, challenging experience of being a “Highly Sensitive Person” or “Empath.” In this class, we will explore how to support and nourish yourself and/or your child, how to hone the gift of heightened awareness and use it in compassionate ways.

Co-Facilitated by Molly & Granddaughter Crow,
For more information on Molly Dyer, L.Ac.:

www.lightanddarkacu.com/bio/

For more information on Granddaughter Crow:

www.granddaughtercrow.com



Light & Dark Acupuncture



Parent/Adult Sessions: The first two sessions are for parents of highly sensitive/empathic kids and adults who identify as such or would like to learn about this topic. We will help parents gain a deep understanding of highly sensitive people of all ages by sharing the research, traits and world viewpoints on these individuals. We will share the 5 Element perspective and other holistic health suggestions that satisfy your kid's needs or your own needs according to their/your constitutional makeup and character traits.

Cost: \$50 per session (2 hours), per person OR \$75 for the 2-week series if paid on the first night

June 22 (Session 1): 6:00 - 8:00 PM

June 29 (Session 2): 6:00 - 8:00 PM

Kids' Sessions: In these sessions, we will discuss the importance of being a highly sensitive/empathic person, how to hone your gift and use it in positive ways. We will provide activities, tips, and tools that assist children with handling worries, frustrations, fears, fatigue, headaches and more.

Cost: \$25 per session, per child OR \$75 per child for the 4-week series if paid on the first night

July 6, 20, 27:

- 7 to 10-year old: 6:00 - 6:45 PM (parents attend free)
- 11 to 13-year old: 7:00 - 8:00 PM (parents attend free)

July 13: Later start date

- 7 to 10-year-old: 6:15 - 7:00 PM (parents attend free)
- 11 to 13-year-old: 7:15 - 8:15 PM (parents attend free)

Location: Goddess Isis Books, 2775 S Broadway, Englewood, CO 80113

To RSVP text "Empath" to 720-220-2654 - We'll be in touch!