



Exer-Psyche Mental Wellness Project

The **Exer-Psyche Mental Wellness Project** is the first initiative of the **Mind Matters Family Center** to improve the mental wellness of our communities, by engaging and educating families, and individuals, and partnering with community groups.

WHAT:

The **Exer-Psyche Mental Wellness project** aims to teach grade school-aged children and their families 10 themes important to build healthy mental functioning and to diminish the risk and impact of mental illness. This project is an evolution of a psychiatric group treatment developed first in 2011 employing **Taekwondo training and Cognitive Behavioral Therapy principles** in a **multi-family group** therapy experience focused on helping children struggling with mental illness. The Mental Wellness Project takes much of the ideas and experience from this treatment group and combines the best of the treatment group with knowledge of concepts necessary for developing strong habits that contribute to healthy mental functioning, also known as mental wellness. In essence, our goal is to provide an experience suitable for all children in grade school **to learn and practice 10 themes of mental wellness** in an **active, engaging, and fun experience with their parents and together with other children of varying ages**. Taekwondo teaching and mindfulness practices are included in each session.

WHEN:

*The Spring meeting series is broken into two 5 week blocks. **Block A starts on April 24, 2024, and concludes on May 22, 2024. Block B starts on May 29 and concludes on June 26, 2024.** Meetings are on **Wednesdays** from **7:00 pm to 7:50 pm**. Block A and Block B present different themes of Mental Wellness. The 5-week blocks are designed to offer greater flexibility to family schedules.*

WHERE:

Sessions are hosted at **Yong In Taekwondo Academy** 7355 SW Barnes Road Suite C (near the intersection of Miller Rd and Barnes Rd) Portland Oregon 97225.

COST: This project is sponsored by **Mind Matters Family Center**. **Uniforms are provided to each child.**

Participation is **FREE.**

WHO: This project is for any child ages **6-11 years in elementary school**. **A parent or guardian must accompany each child as a training partner and be ready to participate in all components of the program actively.** Spots are available for **only 12 children each project round**, so availability is limited. An exception can be made for 5 or 12-year-olds on a case-by-case basis.

LEADERS: **David Conant-Norville MD**, child psychiatrist, Founder and Clinical Director of Mind Matters PC, President of **Mind Matters Family Center**. **Sungwoo Ha, Taekwondo 8th Degree Grand Master**, Owner Yong In Taekwondo, Silver Medalist USA Taekwondo Championship 2023, Bronze Medalist World Taekwondo Championship 2023

SIGN UP: **Call Mind Matters PC Front Desk to register by calling (503) 352-0468.**

Mind Matters Family Center is a 501(c)(3) nonprofit organization (Tax ID# 88-1989915) that strives to expand and enhance mental wellness through personal relationships and community building in Oregon and Southwest Washington