

# We Care About Your Child's Mental Wellness!

Sign up now for the **Exer-Psyche Mental Wellness Project**. A program consisting of ten sessions 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 and their parent/guardian

### Hosted By:



**David Conant-Norville MD**  
Child Psychiatrist, Founder and  
Clinical Director of Mind Matters  
PC, President of MMFC



**Robin McCoy MD**  
Developmental and  
Behavioral Pediatrician,  
MMFC Board Member



**Diana Haggard**  
2nd degree blackbelt and  
taekwondo instructor



### When

**Wednesdays at 6:30PM**  
**Block A:** 4/9/25- 5/7/25  
**Block B:** 5/14/25 - 6/11/25



### Where

**Mind Matters PC Office**  
10690 NE Cornell Rd #315  
Hillsboro, Oregon 97124



### Who

Children between the  
ages of **6-11** and **their  
parent/guardian**

● [Register Now](#)

Contact the Mind Matters front desk at **(503) 352-0468**

# Exer-Psyche Mental Wellness Project

A series of 10 sessions divided into two blocks that uses Taekwondo and Cognitive Behavioral Therapy as a **fun and interactive way to build mental resilience** in children.



## Free Events Hosted By:



### **David Conant-Norville MD**

Child Psychiatrist, Founder and Clinical Director of Mind Matters PC, President of MMFC Family Center.



### **Robin McCoy MD**

MMFC Board Member and a Developmental and Behavioral Pediatrician at The Children's Program.



### **Diana Haggard**

2nd degree blackbelt and taekwondo instructor

The Exer-Psyche series comprises ten sessions divided into two five-session blocks, providing flexibility to accommodate family schedules.



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