



Our mission is to ease the pain and trauma of children while empowering them to heal physically, spiritually and emotionally.

The Heroes Circle Pediatric Healing Program teaches martial arts meditation, non-contact movement and breathing techniques designed to empower children to take control of the pain and stress of their illness. Our evidence-based program is taught in-person and virtually by black belt Therapeutic Martial Arts Instructors and is provided to families at no cost. Children 3 years and older with ANY pediatric illness, and their siblings, are eligible for the program.

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Website: <https://heroescircle.org/>

Facebook: <https://www.facebook.com/kidskickingcancer>

Instagram: @kidskickcancer

Linked In: <https://www.linkedin.com/company/kids-kicking-cancer>

Twitter: x.com/kidskickcancer

YouTube: <https://www.youtube.com/c/KidsKickingCancer>

Resource: <https://a.co/d/0bs6YgyG>

Resources: https://youtu.be/ZrFw9I2zNJA?si=qc_Zl3veju-UUhxC