

WOOLWICH
COUNSELLING
CENTRE
PRESENTS

MINDFULNESS

ADULT GROUP

Virtual group

This therapy group will help you discover a healthier, more relaxed and focused YOU.


FEE*: \$100

*Further subsidies available if needed.


THURSDAYS, APR. 4 - MAY 2 2024

6:30-7:30 PM

LEARN MORE AND REGISTER:

 **519-669-8651**

 **INFO@WOOLWICHCOUNSELLING.ORG**

 **65 MEMORIAL AVE, ELMIRA**

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**WOOLWICH
COUNSELLING
CENTRE
PRESENTS**



**OPTIMIZING OUR MENTAL
AND EMOTIONAL WELLNESS
AS WE AGE**

No cost, in-person sessions

There can be challenges that impact our physical, emotional, and mental health in our senior years. An intentional focus on caring for ourselves can help optimize our mental wellness.

Join us to learn how optimism, self-care, and strategies for coping with worries can help us build resilience and enjoy life to the fullest.

**THURSDAYS,
APR. 11, 18, 25, MAY 2, 9 2024
10:30-11:30 AM**

LEARN MORE AND REGISTER:



519-669-8651



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**BRESLAU EVANGELICAL MISSIONARY CHURCH
102 WOOLWICH ST. SOUTH BRESLAU
(SOUTH ENTRANCE WITH RAMP)**



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A photograph of children in a yoga class, with their hands raised in a prayer position. The image is partially obscured by a green graphic element.

CONNECTING MIND AND BODY FOR KIDS

AGES 4-6

In-person group

A fun and engaging yoga and mindfulness children's group. Through playful games and activities, children will learn breathing techniques, yoga poses and calming exercises to connect with their thoughts and feelings.

Please bring yoga mats.

FEE*: \$100

*Further subsidies
available if needed.

THURSDAYS, APR. 11 - MAY 9 2024

5-6 PM

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**STRENGTHENING CHILDREN'S
EMOTION-REGULATION SKILLS
PARENTING WORKSHOP**

No cost, virtual workshop

Learning how to recognize and manage strong emotions is an important life skill. Benefits include improved communication, independence, self-confidence, and interpersonal skills.

Join us to discuss strategies for building emotion-regulation skills in our children, our teens, and caregivers too.

**WEDNESDAY, APR. 17 2024
7-8 PM**

LEARN MORE AND REGISTER:

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SELF-COMPASSION 101

WHAT IS IT AND
HOW TO PRACTICE IT
ADULT WORKSHOP



No cost, virtual workshop

Self-compassion benefits our mental health and well-being. Learning about this concept can help you to become more resilient, which enables you to better cope with difficult emotions.

Join our workshop to discover more about the skill of self-compassion and how you can apply it to your own life and experiences.

WEDNESDAY, APR. 3 2024

7-8 PM

LEARN MORE AND REGISTER:



[WOOLWICHCOUNSELLING.ORG/
UPCOMING-EVENTS](https://woolwichcounselling.org/upcoming-events)



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