WOOLWICH COUNSELLING **CENTRE PRESENTS**

CAREGIVER SUPPORT GROUP

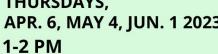
ADULT SESSION

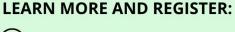
No cost, in-person sessions

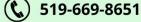
Caregivers provide physical and emotional support to family members, neighbours, partners, and friends. We recognize that caregivers may also need support. We are here for you.

Please join us for refreshments, conversation, community, and peer support. This event will have a theme of self-care. Please join us for one or all sessions.

> THURSDAYS, APR. 6, MAY 4, JUN. 1 2023















WOOLWICH COUNSELLING CENTRE **PRESENTS**



PRACTICING POSITIVE THINKING AND GRATITU

ADULT WORKSHOP

No cost, virtual workshop

The skill of positive thinking and learning to practice gratitude can have a significant impact on your physical, emotional, and mental health. With practice, you can enjoy the physical and emotional health improvements that come with optimism.

Join us to explore how to benefit from positive thinking, and how to approach difficult circumstances in life from a healthier perspective.

MONDAY, APR. 10 2023

7-8 PM

LEARN MORE AND REGISTER:



519-669-8651



INFO@WOOLWICHCOUNSELLING.ORG



65 MEMORIAL AVE, ELMIRA





FOLLOW US





This group is for parents of teenagers who would like a closer relationship with their child. Teenagers who are more deeply connected to their parents are more likely to make positive choices.

This is a proven program that is designed to help families strengthen their relationships with one another.

WEDNESDAYS, APR. 12-JUN. 14 2023 6:30-8 PM



LEARN MORE AND REGISTER:

519-669-8651

INFO@WOOLWICHCOUNSELLING.ORG

(A) 65 MEMORIAL AVE, ELMIRA



WOOLWICH COUNSELLING CENTRE **PRESENTS**



IMPORTANCE OF SELF-CARE FOR PARENTS PARENTING WORKSHOP

No cost, virtual workshop

Parental self-care is vital to the well-being of our children. Self-care can help replenish a parent's energy, focus and positivity.

Tips and strategies on how to take care of ourselves to ensure we have positive energy for our children will be discussed.

> **THURSDAY, APR. 13 2023** 7-8 PM

LEARN MORE AND REGISTER:



(L) 519-669-8651



MINFO@WOOLWICHCOUNSELLING.ORG

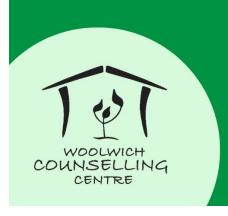


65 MEMORIAL AVE, ELMIRA





FOLLOW US





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.

> WEDNESDAYS, **APR. 19-MAY 17 2023** 1-2 PM

LEARN MORE AND REGISTER:



(L) 519-669-8651



INFO@WOOLWICHCOUNSELLING.ORG



65 MEMORIAL AVE, ELMIRA





FOLLOW US







AGES 4-7

No cost, in-person workshop

This fun-filled children's workshop promotes self-esteem and self-worth.

THURSDAY, APR. 27 2023

4-5 PM

LEARN MORE AND REGISTER:



519-669-8651



MINFO@WOOLWICHCOUNSELLING.ORG



65 MEMORIAL AVE, ELMIRA





