

**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.

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**THURSDAYS,  
APR. 6, MAY 4, JUN. 1 2023  
1-2 PM**

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### **LEARN MORE AND REGISTER:**

-  **519-669-8651**
-  **INFO@WOOLWICHCOUNSELLING.ORG**
-  **65 MEMORIAL AVE, ELMIRA**

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# **PRACTICING POSITIVE THINKING AND GRATITUDE**

## **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.

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**MONDAY, APR. 10 2023**

**7-8 PM**

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**WOOLWICH  
COUNSELLING  
CENTRE AND  
FAMILY AND  
CHILDREN'S  
SERVICES OF THE  
WATERLOO REGION  
PRESENT**



# **CONNECT<sup>©</sup> : PARENTING GROUP**

## **In-person group**

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.

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**WEDNESDAYS,  
APR. 12-JUN. 14 2023**

**6:30-8 PM**

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## **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.

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

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**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.

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**WEDNESDAYS,  
APR. 19-MAY 17 2023**

**1-2 PM**

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# GLAD TO BE ME

**AGES 4-7**

**No cost, in-person workshop**

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

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**THURSDAY, APR. 27 2023**

**4-5 PM**

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