

**WOOLWICH
COUNSELLING
CENTRE
PRESENTS**






COFFEE AND CONNECTION: PARENTING SUPPORT COFFEE TIME ADULT GROUP

No cost, in-person sessions

Join us for one or all of these monthly discussions to gain resources and practical strategies to strengthen our relationships with our children and build confidence in our parenting role.

**MONDAYS, JAN. 23, FEB. 27,
MAR. 27, APR. 24,
MAY 29, JUN. 26 2023
10-11 AM**

LEARN MORE AND REGISTER:

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

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CALM AND CONTENT: ADULT EMOTION MANAGEMENT GROUP

In-person group

Life is better when we can manage our emotions and avoid getting stuck in an anxious, depressed, or angry state.

In this group, you will learn more about the wisdom of your nervous system and how you can harness it to move from surviving to thriving. Gain practical strategies to spend more time in a calm, content state.

FEE*: \$100


*Further subsidies
available if needed.




**MONDAYS,
MAY 29-JUNE 19 2023**

6:30-8 PM

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SUPPORTING SOMEONE WITH DEPRESSION

ADULT WORKSHOP

No cost, virtual workshop

Depression is a serious, but treatable disorder affecting an estimated 1 in 4 Canadians of all ages. Support from close relationships can play an important role in recovery and yet it can be hard to know how to help.

Join us for this insightful workshop to gain a better understanding of this illness and what you can do to make a difference.

TUESDAY, MAY 30 2023

7-8 PM

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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,
MAY 4, JUN. 1 2023
1-2 PM**

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THE IMPORTANCE OF SELF-CARE FOR SENIORS

ADULT WORKSHOP

No cost, virtual workshop

Identifying key elements of care that can impact mood and overall well-being is important as we age.

Join us to learn why self-care is necessary and steps you can take to support your physical and emotional well-being.

WEDNESDAY, JUN. 14 2023

1-2 PM

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SUPPORTING OUR 2SLGBTQIA+ CHILDREN AND YOUTH

ADULT WORKSHOP

No cost, virtual workshop

Join us to gain a deeper understanding of how to support 2SLGBTQIA+ children and youth. Practical tools and resources to use at home or in the classroom will be shared. If you are hoping to explore conversations about gender identity and sexual orientation with young people, this workshop is for you.

THURSDAY, JUN. 15 2023
7-8 PM

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REGION OF
WATERLOO
LIBRARY
AND
WOOLWICH
COUNSELLING
CENTRE
PRESENT

2SLGBTQIA+ UNDERSTANDING AND AWARENESS

YOUTH AND ADULT WORKSHOP

No cost, virtual workshop

This workshop will provide an understanding and awareness of the 2SLGBTQIA+ community. Topics include terminology, myth-busters, and the impact homophobia has on a community. Developing a better understanding enables everyone to feel accepted and respected.



WEDNESDAY, JUN. 21 2023

7-8 PM

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