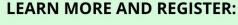


## **COFFEE AND CONNECTION: PARENTING SUPPORT COFFEE TIME ADULT GROUP**

## 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





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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.



\*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**

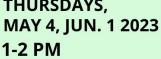
**ADULT SESSION** 

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,





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## THE IMPORTANCE OF **SELF-CARE FOR SENIORS**

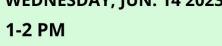
**ADULT WORKSHOP** 

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





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**WOOLWICH** COUNSELLING CENTRE **PRESENTS 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.

Region of Waterloo



WEDNESDAY, JUN. 21 2023 7-8 PM

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







