

WOOLWICH
COUNSELLING
CENTRE
PRESENTS



STAND TALL

AGES 7-9

In-person group

This five-week therapy group promotes confidence and assertiveness enabling children to protect and express themselves.

FEE: \$100

*Further subsidies available if needed.

**MONDAYS,
MAY 1, 8, 15, 29, JUN. 5 2023**

5-6 PM

LEARN MORE AND REGISTER:

 **519-669-8651**

 **INFO@WOOLWICHCOUNSELLING.ORG**

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**WOOLWICH
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PRESENTS**

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 2 2023

7-8 PM

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EMPOWERING THE GIRL IN ME

AGES 10-12

In-person group

This five-session therapy group develops leadership skills and confidence to enable individuals who self-identify as girls to protect themselves, develop healthy coping mechanisms, and positive social connections.

FEE*: \$100

*Further subsidies
available if needed.



**WEDNESDAYS,
MAY 3, 10, 17, 24, 31 2023**

5-6 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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MINDFULNESS LUNCH BREAK

ADULT GROUP

Virtual group

Join us for a 5-week mid-day break to re-centre and de-stress to improve focus and concentration, restoring your daily well-being.

FEE*: \$50

*Further subsidies available if needed.

**TUESDAYS, MAY 9, 16, 23, 30,
JUN. 6 2023**

12:30-1 PM

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TALKING MENTAL HEALTH WITH OUR KIDS

PARENTING WORKSHOP

No cost, virtual workshop

Mental health impacts everyone which is why conversations with our children and youth on this topic are essential.

This workshop will explore how caregivers can navigate mental health conversations and demonstrate support to our children and youth.

THURSDAY, MAY 11 2023

7-8 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.

THURSDAY, MAY 25 2023

4-5 PM

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