

WOOLWICH
COUNSELLING
CENTRE
PRESENTS



MANAGING CAREGIVER FATIGUE

ADULT WORKSHOP

No cost, virtual workshop

Being a caregiver has many rewards and can be very emotionally fulfilling. However, it can also be demanding and impact mental and emotional well-being.

Join us to equip yourself with coping skills, self-care, and strategies to prevent caregiver fatigue.

MONDAY, FEB. 6 2023

7-8 PM

LEARN MORE AND REGISTER:



519-669-8651



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COGNITIVE BEHAVIOUR THERAPY (CBT) FOR INSOMNIA ADULT GROUP

Virtual group

This psycho-educational therapy group will introduce Cognitive Behaviour Therapy for Insomnia (CBT-I), an evidence-based approach that can help you identify and replace thoughts and behaviors that cause or worsen sleep problems with habits that promote sound sleep.

Strategies will be introduced to help improve sleep including healthy lifestyle choices, anxiety management, relaxation techniques, as well as stimulus control and sleep restriction measures.

FEE*: \$150

***Further subsidies
available if needed.**



**TUESDAYS, FEB. 7, 14, 21, 28
MAR. 7, 14 2023**

6:30-8 PM

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ENCOURAGING DIVERSITY AND INCLUSIVITY IN OUR CHILDREN PARENTING WORKSHOP

No cost, virtual workshop

When children learn the value and importance to respectfully engage with all people, they develop understanding, empathy and benefit of supporting others.

Join us to learn how caregivers can promote diversity, and support their children to value and act in an inclusive manner.

THURSDAY, FEB. 9 2023
7-8 PM

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CENTRE
PRESENT

UNDERSTANDING AND PREVENTING EATING DISORDERS

ADULT WORKSHOP

No cost, virtual workshop

Eating disorders impact an estimated 2.7 million people in Canada and are often misunderstood.

This workshop will help you learn how to help others who may be affected. It will help you recognize the early signs of disordered eating, respond in a compassionate manner, and learn about supportive resources.

MONDAY, FEB. 13 2023

6:30-8 PM

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National Eating Disorder
Information Centre

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GRIEF GROUP FOR SENIORS

No cost, in-person sessions

Grief is a journey that requires special care and the support of others as we heal. This six-session group will focus on the journey through grief after the loss of a loved one. It will provide opportunities for connection and reflection during the healing process.

**WEDNESDAYS,
FEB. 22-MAR. 29 2023**

3-4 PM

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GLAD TO BE ME

AGES 4-7

In-person workshop

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

FEE: \$15

*Further subsidies available if needed.

THURSDAY, FEB. 23 2023

4-5 PM

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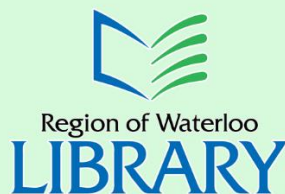
REGION OF
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LIBRARY
AND
WOOLWICH
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PRESENT

COPING WITH THE WINTER BLUES

ADULT WORKSHOP

No cost, virtual workshop

If your mood is as gloomy as the "blahs of winter", join us to explore ways to ease that seasonal slump and reduce the winter blues.



MONDAY, FEB. 27 2023

7-8 PM

REGISTER:

**[RWLIBRARY.LIBNET.
INFO/EVENT/7593652](http://RWLIBRARY.LIBNET.INFO/EVENT/7593652)**

SCAN ME



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NAVIGATING SOCIETY'S PRESSURES AROUND EATING, EXERCISE, AND HEALTH

YOUTH WORKSHOP

No cost, virtual workshop

Youth are flooded with messages about what is and isn't healthy on a daily basis, and it can be confusing to navigate conversations around eating and exercise. In this workshop, we'll explore these messages, reflect on the conversations we have with peers and loved ones, and discuss ways to support someone who might be struggling.

MONDAY, FEB. 27 2023
4:30-6 PM

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WHAT IS MINDFULNESS?

ADULT WORKSHOP

No cost, virtual workshop

Mindfulness is proven to be highly effective for both physical and emotional health, including anxiety, depression, high blood pressure, heart disease, sleep disorders, and chronic pain.

This workshop will provide participants with a thorough understanding of mindfulness and the well-being it can bring to our lives.

MONDAY, FEB. 27 2023

7-8 PM

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