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











COPING WITH WORRIES IN OLDER AGE

ADULT WORKSHOP

No cost, virtual workshop

We recognize there are often many worries that we face in older age. In this workshop we will discuss how our response to these worries will impact our wellness and learn practical strategies for how to cope with the uncertainties we encounter.

Together we will discuss how to manage our fears and become more resilient as we enjoy life in older age.

> WEDNESDAY, MAR. 8 2023 1-2 PM



COUNSELLING

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519-669-8651

INFO@WOOLWICHCOUNSELLING.ORG

(A) 65 MEMORIAL AVE, ELMIRA







EFFECTIVELY SETTING LIMITS. RESPONSIBILITIES AND CONSEQUENCES WITH OUR KIDS

PARENTING WORKSHOP

No cost, virtual workshop

Building respectful relationships with our children is key to a peaceful home.

Join us to hear how effectively setting limits and consequences stems from respectful communication and encourages a positive, lasting connection with our children.

> THURSDAY, MAR. 9 2023 7-8 PM

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CONNECTING MIND AND BODY FOR KIDS

AGES 7-10

In-person group

A fun and engaging yoga and mindfulness children's group. Through playful games and activities, children will learn breathing techniques, yoga poses and calming exercises to connect with their thoughts and feelings.

Please bring yoga mats.

FEE*: \$100

*Further subsidies available if needed.



MONDAYS, MAR. 20, 27, APR. 3, 17, 24 2023

5-6 PM

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Humans are innately social. Any physical, emotional or psychological disruption can trigger feelings of loneliness.

This workshop will provide you with tools to identify and respond to loneliness and build resiliency.

MONDAY, MAR. 20 2023

7-8 PM

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This six-week therapy group will help you discover a healthier, more relaxed and focused YOU.

FEE*: \$120

*Further subsidies available if needed. THURSDAYS, MAR. 23, 30, APR. 6, 13, 20, 27 2023

7-8 PM

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Adolescents face many different pressures and stressors. All teens feel anxious from time to time but some experience anxiety more than others.

This five-week therapy group will help teens learn effective ways to cope with teenage pressures and stress. They will learn strategies to better manage anxiety and feel more in control of their lives.

FEE*: \$100

*Further subsidies available if needed.



TUESDAYS, MAR. 28, APR. 4, 11, 18, 25 2023 4:30-6 PM

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AGES 8-11

In-person group

Does your child worry excessively? Do worries and fears interfere with your child's ability to enjoy a carefree childhood?

Appropriate and timely intervention can help anxious children grow up to be healthy adults. This five-session therapy group provides strategies to help anxious children better manage fears and worries.

FEE*: \$100

WEDNESDAYS, MAR. 29, APR. 5, 12, 19, 26 2023

*Further subsidies available if needed.

5-6 PM

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



*Further subsidies available if needed. **THURSDAY, MAR. 30 2023**

4-5 PM

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