

WOOLWICH
COUNSELLING
CENTRE
PRESENTS



STRENGTHENING CONNECTION WITH OUR CHILDREN AND TEENS

PARENTING WORKSHOP

No cost, virtual workshop

Strong relationships are founded in mutual respect. This workshop will provide strategies to promote positive, respectful, and cooperative relationships with our kids.

THURSDAY, DEC. 1 2022

7-8 PM

LEARN MORE AND REGISTER:



519-669-8651



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**WOOLWICH
COUNSELLING
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PRESENTS**

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, OCT. 6,
NOV. 3, DEC. 1 2022
1-2 PM**

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MANAGING THE STRESS OF THE HOLIDAY SEASON

ADULT WORKSHOP

No cost, virtual workshop

This workshop will provide tips to minimize the stress that accompanies the holidays and to make changes to ensure this season is truly worth celebrating.

MONDAY, DEC. 5 2022

7-8 PM

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WOOLWICH
COUNSELLING CENTRE
AND BEREAVED
FAMILIES OF ONTARIO -
MIDWESTERN REGION
PRESENT



GRIEF AND SPECIAL DAYS

ADULT WORKSHOP

No cost, virtual workshop

When you're grieving, special occasions like birthdays, anniversaries, Mother's/Father's Day and the holidays, no matter what you celebrate, can be a time of overwhelming emotions, new challenges and unrealistic expectations from family and friends.

This session acknowledges the difficulties these special days can bring and discusses coping strategies to help you through.

TUESDAY, DEC. 13 2022

7-8 PM

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