

**WOOLWICH
COUNSELLING
CENTRE
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, JAN. 5, FEB. 2,
MAR. 2, APR. 6, MAY 4, JUN. 1 2023
1-2 PM**

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UNDERSTANDING ME

INTERPERSONAL VIOLENCE SUPPORT GROUP

No cost, virtual adult group

This 10-week therapy group provides education and support for women who have experienced emotional or physical abuse within their intimate relationships.

Funded by Ministry of Children, Community and Social Services.

**TUESDAYS, JAN. 10, 17, 24, 31,
FEB. 7, 14, 21, 28, MAR. 7, 14 2023**

10 AM-12 PM

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EFFECTIVE PROBLEM SOLVING WITH OUR CHILDREN AND TEENS PARENTING WORKSHOP

No cost, virtual workshop

This workshop will cover the value of effective problem-solving to promote healthy and nurturing relationships with our children and teens.

Practical strategies to minimize parent-child conflict will be shared.

THURSDAY, JAN. 12 2023
7-8 PM

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BREATHING AND CONNECTING TOGETHER

**CHILD AND CAREGIVER YOGA
AND MINDFULNESS GROUP**

AGES 5-9

In-person group

This 5-week group will promote connection between caregiver and child through playful yoga poses, engaging theraplay activities, breathing techniques and mindfulness strategies.

Please bring yoga mats.

FEE*: \$100

*Further subsidies
available if needed.



**MONDAYS, JAN. 16, 23, 30,
FEB. 6, 13 2023**

5-6 PM

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MOTIVATION AND GOAL SETTING 101

ADULT WORKSHOP

No cost, virtual workshop

Setting goals is an important part of mental health.

Creating and achieving goals increases feelings of success and motivation. This workshop will introduce you to practical ways to set SMART Goals that will lead to improved emotional wellness for the life you want to live.

MONDAY, JAN. 16 2023

7-8 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.



**THURSDAYS, JAN. 19, 26,
FEB. 2, 9, 16 2023**

12:30-1 PM

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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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SLEEP HYGIENE: CBT STRATEGIES FOR A RESTFUL SLEEP

ADULT WORKSHOP

No cost, virtual workshop

Struggling to get a good night's sleep?

Learn how Cognitive Behavior Therapy (CBT) can help you cope with sleep problems.

TUESDAY, JAN. 24 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,
JAN. 25, FEB. 1, 8, 15, 22 2023
5-6 PM**

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Let's talk

**LET'S TALK ABOUT
MENTAL HEALTH: LEARNING
SKILLS TO SUPPORT OTHERS
ADULT WORKSHOP**

No cost, virtual workshop

Mental health impacts everyone. Whether you're struggling with challenges caused by the pandemic or ongoing mental health concerns, conversations on this topic are essential.

In honor of Bell Let's Talk Day, this workshop will explore every day mental health issues people face while sharing how these symptoms are heightened by COVID-19. Join us to learn how to navigate conversations to support others, as well as practical coping strategies to manage your own mental well-being.

WEDNESDAY, JAN. 25 2023

7-8 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, JAN. 26 2023

4-5 PM

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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.

THURSDAY, JAN. 26 2023

7-8 PM

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