

NO NEED TO FRET



Childhood Anxiety Group
Ages 7-10

Group 1: Nov 9, 16, 23, 30, Dec 7, & 14, 2017
Group 2: Apr 11, 18, 25, May 2, 9 & 16, 2018
6:00-7:00pm

MINDFULNESS



Adult Group

Group 1: Oct 25, Nov 1, 8, 15, 22 & 29, 2017
Group 2: Jan 25, Feb 1, 8, 15, 22 & Mar 1, 2018
Group 3: May 17, 24, 31, Jun 7, 14, 21, 2018
6:30-8:00pm

STAND TALL

Confidence and Assertiveness Program
Ages 7-9



Apr 5, 12, 19, 26, May 3 & 10, 2018
6:00-7:00pm

GLAD TO BE ME

Self-Esteem Program
Ages 4-7



Oct 30, Nov 27, 2017, Jan 29, Feb 26, Mar 26, & Apr 30, May 28, 2018
6:00-7:00pm



PROTECTING THE GIRL IN ME

Social Skills Group
Ages 10-12



Feb 28, Mar 7, 21, 28, Apr 4, 2018
6:30-7:30pm

CONQUERING TEEN ANXIETY

Teen Anxiety Group
Ages 12-14

Feb 26, Mar 5, 19 & 26, 2018
7:00-8:00pm



Talk Series 7:00-8:00pm

- Unlimited Benefits of Mindfulness – Oct 4, 2017
- Parenting Your Anxious Child - Oct 11, 2017
- Helping Our Teens Conquer Anxiety – Nov 20, 2017
- Understanding My Teen – Jan 15, 2018
- De-Cluttering Your Life & Your Mind – Jan 22, 2018
- Understanding & Responding to Self Harm - Apr 16, 2018
- Understanding Depression April 30, 2018

PARENT & CHILD MINDFULNESS



Jan 17, 24, 31, Feb 7, 14 & 21, 2018
6:00-7:00pm

For more information and registration call 519-669-8651 or visit our website www.woolwichcounselling.org