

MINDFULNESS

Adult Group



Group 1:
Nov 1, 8, 15, 22, 29
& Dec 6, 2018

Group 2: Mar 21, 28,
Apr 4, 11, 18 & 25, 2019
6:30-8:00pm

NO NEED TO FRET



Childhood
Anxiety Group
Ages 8-11

Group 1: Nov 7, 14, 21, 28
& Dec 5, 2018

Group 2: May 2, 9, 16,
23 & 30, 2019

6:00-7:00pm

STAND TALL

Confidence
& Assertiveness
Program
Ages 7-9



Jan 14, 21, 28,
Feb 4 & 11, 2019
6:00-7:00pm

PROTECTING THE GIRL IN ME

Social Skills Group
Ages 10-12

May 2, 9, 16,
23 & 30, 2019
7:30-8:30pm



GLAD TO BE ME

Self-Esteem Program
Ages 4-7

Oct 29 & Nov 26, 2018,
Feb 25, Mar 25, Apr 29
& May 27, 2019

6:00-7:00pm



CONQUERING TEEN ANXIETY

Teen Anxiety Group
Ages 12-14

Mar 18, 25,
Apr 1, 8 & 15, 2019

7:30-8:30pm



TALK SERIES

7:00-8:00pm

- The Unlimited Benefits of Mindfulness - Oct 11, 2018
- Parenting Your Anxious Child - Oct 22, 2018
- Decluttering Your Life & Mind - Jan 24, 2019
- Helping Our Teens Conquer Anxiety - Feb 25, 2019
- Understanding Depression & How to Support - May 6, 2019

PARENT & CHILD MINDFULNESS

Jan 16, 23, 30,
Feb 6, 13 & 20, 2019

6:00-7:00pm



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