

NO NEED TO FRET



Childhood Anxiety Group
Ages 7-10

Group 1: Nov 2, 9, 16, 23, 30 & Dec 7, 2016
Group 2: April 20, 27, May 4, 11, 18, 25, 2017
6:30-8:00pm

MINDFULNESS



Adult Group

Mar 2, 9, 16, 23, 30 & Apr 6, 2017

6:30-8:00pm

STAND TALL

Confidence and Assertiveness Program
Ages 7-9



Jan 16, 23, 30, Feb 6 & 13, 2017
5:30-6:30pm

GLAD TO BE ME

Self-Esteem Program
Ages 4-7



Sept 26, Oct 24, Nov 28, 2016, Jan 30, Feb 27, Mar 27, Apr 24, May 29 & June 26, 2017
6:00-7:00pm



PROTECTING THE GIRL IN ME

Social Skills Group
Ages 10-12



Apr 12, 19, 26, May 3, 10 & 17, 2017
6:30-8:00pm

CONQUERING TEEN ANXIETY

Teen Anxiety Group
Ages 12-14

Jan 9, 16, 23, 30 Feb 6, & 13, 2017

7:00-8:00pm



Talk Series 7:00-8:00pm

- Parenting Your Anxious Child - Oct 3, 2016
- Understanding My Teen - Nov 7, 2016
- Understanding Mindfulness - Jan 19, 2017
- Understanding & Responding to Self Harm - Mar 6, 2017
- Positive Parenting, Peaceful Families - Mar 20, 2017
- Understanding Depression - May 1/2017

SAFE

(Self Abuse Finally Ends)

Self Harm Group
Ages 12-15



July 17-21, 2017
1:00-3:00pm

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