



Woolwich Counselling Centre Presents...



# Are you ready for school?

Virtual Support Program for Parents and Caregivers  
Providing Tips to Ease Transition Back to School  
Through COVID

## **FACEBOOK LIVE SESSIONS** (Woolwich Counselling Centre)

### **COPING WITH UNCERTAINTY: MANAGING WORRIES AROUND BACK-TO-SCHOOL**

For parents/caregivers of children Ages 3-12

~ Facilitated by Michelle Monday August 10, 2020 - 12:00-1:00 pm

For parents/caregivers of children ages 12—16

~ Facilitated by Jessica on Monday August 17 - 12:00-1:00 pm

### **PREPARING FOR BACK-TO-SCHOOL: ACTIVITIES FOR PARENTS AND CHILDREN**

Activities for families of young children to prepare and practice

~ Facilitated by Michelle on Monday August 24 - 12:00-1:00 pm

Managing expectations and emotions related to back-to-school

Facilitated by Jessica on Monday August 31- 12:00-1:00 pm

**Please email [info@woolwichcounselling.org](mailto:info@woolwichcounselling.org)  
for more information**