

## Parent & Child Dyad Program

Have you and your child been struggling with extra stress this past year, and finding yourself with little patience, laughing less, and feeling overwhelmed?

This is a common shared experience for many families, but there is a way to strengthen your relationship and feel better-together!



Join Play Therapist, Michelle, this summer in a parent-child program that will support you in connecting more easily and joyfully with your child, learn new parenting skills, collaborate in meaningful play experiences, practice co-regulation of emotions, and enhance your bond.

Parent-Child Dyad program is available throughout the summer, bookable by appointment. Each session is 1 hour long, and families are invited to book from 1 to 4 sessions with the Play Therapist as available/needed.

We hope you'll both leave with smiles on your faces, and more joy in your hearts!

**Please call 519-669-8651 or email:  
info@woolwichcounselling.org  
to book an appointment**