

**WOOLWICH  
COUNSELLING  
CENTRE  
PRESENTS**

# **NO NEED TO FRET**

**AGES 8-11**

**No cost, in-person group**

Does your child worry excessively? Do worries and fears interfere with your child's ability to enjoy a carefree childhood?

Appropriate and timely intervention can help anxious children grow up to be healthy adults. This five-session therapy group provides strategies to help anxious children better manage fears and worries.

---

**TUESDAYS, OCT. 26, NOV. 2, 9,  
16, 23 2021**

**5-6 PM**

---

**LEARN MORE AND REGISTER:**



**519-669-8651**



**INFO@WOOLWICHCOUNSELLING.ORG**



**65 MEMORIAL AVE, ELMIRA**



**FOLLOW US**

---

