

**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.

**WEDNESDAYS,
MAR. 30, APR. 6, 13, 20, 27 2022
5-6 PM**

LEARN MORE AND REGISTER:



519-669-8651



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