

**WOOLWICH
COUNSELLING
CENTRE
PRESENTS**

CONNECTING KIDS

SUMMER PROGRAM

In-person, half-day kids program

Connecting mind and body through relaxation techniques and body awareness can improve emotional well-being.

In this fun summer program, children will be introduced to yoga poses, breath work, and mindfulness through playful games, stories and activities.

Theraplay activities will provide the opportunity for children to strengthen their ability to connect with others and further develop social skills.

FEE: \$25

JUL. 18-21 OR AUG. 15-18: AGES 5-7 9 AM-12PM

JUL. 25-28 OR AUG. 22-25: AGES 8-10 9 AM-12PM



LEARN MORE AND REGISTER:



519-669-8651



INFO@WOOLWICHCOUNSELLING.ORG



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