

**WOOLWICH  
COUNSELLING  
CENTRE  
PRESENTS**



# **STRENGTHENING CHILDREN'S EMOTION-REGULATION SKILLS PARENTING WORKSHOP**

## **No cost, virtual workshop**

Learning how to recognize and manage strong emotions is an important life skill. Benefits include improved communication, independence, self-confidence, and interpersonal skills.

Join us to discuss strategies for building emotion-regulation skills in our children, our teens, and caregivers too.

---

**THURSDAY, NOV. 10 2022  
7-8 PM**

---

**LEARN MORE AND REGISTER:**



**519-669-8651**



**INFO@WOOLWICHCOUNSELLING.ORG**



**65 MEMORIAL AVE, ELMIRA**



**FOLLOW US**

---

