

WOOLWICH
COUNSELLING
CENTRE
PRESENTS

BREATHING AND CONNECTING TOGETHER

CHILD AND CAREGIVER YOGA
AND MINDFULNESS GROUP

AGES 5-9

In-person group

This 5-week group will promote connection between caregiver and child through playful yoga poses, engaging theraplay activities, breathing techniques and mindfulness strategies.

Please bring yoga mats.

FEE*: \$100

*Further subsidies
available if needed.

MONDAYS, JAN. 16, 23, 30,
FEB. 6, 13 2023

5-6 PM

LEARN MORE AND REGISTER:



519-669-8651



INFO@WOOLWICHCOUNSELLING.ORG



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