

**WOOLWICH
COUNSELLING
CENTRE
PRESENTS**

NO NEED TO FRET

AGES 8-11

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.

FEE*: \$100

*Further subsidies available if needed.

**WEDNESDAYS, MAR. 29,
APR. 5, 12, 19, 26 2023**

5-6 PM

LEARN MORE AND REGISTER:



519-669-8651



INFO@WOOLWICHCOUNSELLING.ORG



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