

**WOOLWICH  
COUNSELLING  
CENTRE  
PRESENTS**

# CONNECTING KIDS

**SUMMER PROGRAM  
FOR AGES 7-10**

**In-person, full-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\*: \$100**

\*Further subsidies  
available if needed.

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**AUG. 21-24 (MON. TO THURS.)**

**9 AM-4 PM**

**AGES 7-10**

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**LEARN MORE AND REGISTER:**



**519-669-8651**



**INFO@WOOLWICHCOUNSELLING.ORG**



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