

**WOOLWICH
COUNSELLING
CENTRE PRESENTS**

EMPLOYER CONNECTIONS WORKSHOPS FOR STAFF WELL-BEING


A supportive and productive workplace invests in the mental wellness of employees.

Woolwich Counselling Centre can partner with you to help reduce employee stress, reduce burnout, and improve relationships to build a more resilient organization.

Contact us today for more information about scheduling any of the following workshops – or a custom workshop of your choice.

- The Mindful Manager: Creating a Mentally Healthy Team Culture
- Cultivating Diversity in Your Organization
- Self-Compassion 101
- Understanding Cognitive Behavioural Therapy (CBT)
- What is Mindfulness?
- Mindfulness Interactive Practice
- Understanding Depression and/or Anxiety
- Sleep Hygiene for Getting a Restful Sleep
- The Power of Positivity and Practicing Gratitude
- Coping with the Winter Blues
- Tips for Self-Care
- Stress Management 101
- Understanding Grief and Loss:
 - How to Support a Grieving Person
 - Overcoming Perfectionism
- Calm and Content: Strategies for Managing Your Emotional State
- 2SLGBTQ+: Awareness and Understanding
- Getting Going: Motivation and Goal-Setting 101
- Understanding Addictions
- Managing the Stress of the Holiday Season
- Managing Social Anxiety
- Boundary and Assertiveness Skill Training 101
- Coping with Loneliness
- Let's Talk about Mental Health – Learning Skills to Support Others

CONTACT US TODAY:

 **519-669-8651**

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