

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.

MONDAYS, NOV. 18-DEC. 16 2024

5-6 PM

LEARN MORE AND REGISTER:



**WOOLWICHCOUNSELLING.ORG/
UPCOMING-EVENTS**



519-669-8651



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