

### NO NEED TO FRET



Childhood  
Anxiety Group  
Ages 7-10

Group 1: Nov 2, 9, 16, 23, 30 &  
Dec 7, 2016  
Group 2: April 20, 27,  
May 4, 11, 18, 25, 2017  
6:30-8:00pm

### MINDFULNESS



Adult Group

Mar 2, 9, 16, 23,  
30 & Apr 6, 2017

6:30-8:00pm

### STAND TALL

Confidence  
and Assertiveness  
Program  
Ages 7-9



Jan 16, 23, 30,  
Feb 6 & 13, 2017  
5:30-6:30pm

### GLAD TO BE ME

Self-Esteem Program  
Ages 4-7



Sept 26, Oct 24, Nov 28, 2016,  
Jan 30, Feb 27, Mar 27, Apr 24,  
May 29 & June 26, 2017  
6:00-7:00pm



### PROTECTING THE GIRL IN ME

Social Skills Group  
Ages 10-12



Apr 12, 19, 26,  
May 3, 10 & 17, 2017  
6:30-8:00pm

### CONQUERING TEEN ANXIETY

Teen Anxiety Group  
Ages 12-14

Jan 9, 16, 23, 30  
Feb 6, & 13, 2017

7:00-8:00pm



### Talk Series 7:00-8:00pm

- Parenting Your Anxious Child - Oct 3, 2016
- Understanding My Teen - Nov 7, 2016
- The Unlimited Benefits of Mindfulness - Jan 19, 2017
- Understanding & Responding to Self Harm - Mar 6, 2017
- Positive Parenting, Peaceful Families - Mar 20, 2017
- Understanding Depression - May 1, 2017

### SAFE

(Self Abuse Finally Ends)

Self Harm Group  
Ages 12-15



July 17-21, 2017  
1:00-3:00pm

**For more information and registration call 519-669-8651  
or visit our website [www.woolwichcounselling.org](http://www.woolwichcounselling.org)**