

### NO NEED TO FRET



Childhood  
Anxiety Group  
Ages 7-10

Group 1: Oct 21, 28, Nov 4, 11,  
18 & 25, 2015  
Group 2: Mar 10, 24 Apr 7, 21,  
May 5, & 19, 2016  
6:30-8:00pm

### Adult Programs

7:00-8:30pm

- Parenting Your Anxious Child – Feb 15, 2016
- Meditation Group- Jan 21 to Feb 25, 2016
- Understanding My Teen – Mar 7, 2016
- Positive Parenting, Peaceful Families – Apr 25, 2016
- Understanding & Responding to Self Harm – Jun 1, 2016



### STAND TALL



Confidence  
and Assertiveness  
Program  
Ages 7-9

March 2, 9, 23, 30 &  
Apr 6, 2016  
6:30-8:00pm



### GLAD TO BE ME

Self-Esteem Program  
Ages 4-7

Oct 6 & Nov 26, 2015,  
Jan 14, Feb 18, Mar 31, Apr 28  
& May 26, 2016  
6:00-7:00pm

### GAL PALS

Social Skills Group  
Ages 10-11

Jan 20, 27, Feb 3,  
10, 17 & 24, 2016  
6:30-8:00pm



Growing Healthy Communities

### PROTECTING THE GIRL IN ME

Social Skills Group  
Ages 12-13

Apr 13, 20, 27,  
May 4, 11 & 18, 2016  
7:00-8:30pm



### SAFE

(Self Abuse Finally Ends)



Self Harm Group  
Ages 12-15

July 18-22, 2016  
1:00-3:00pm

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