

Child & Youth Programs

Glad to be Me—Ages 4-7 Self-Esteem Program

Fun-filled activities designed to increase
Self-esteem!



Tuesdays—6:00—7:00 pm

Sept 24, 2013 ♦♦ Oct 29, 2013

Jan 28, 2014 ♦♦ Feb 25, 2014 ♦♦ Mar 25, 2014

May 20, 2014 ♦♦ June 17, 2014



Stand Tall—Ages 7-9

This group promotes confidence and
assertiveness encouraging children to
protect and express themselves.

Bi-Weekly Tuesdays

January 7—March 18, 2014

6:30—8:00 pm

SAFE— Self Abuse Finally Ends Ages 12-15

Self-abuse is when someone harms
themselves on purpose as a way to cope with
uncomfortable feelings.

This group provides strategies for managing feelings,
develops healthy coping mechanisms and increases
self-esteem and confidence.

Weekly Wednesdays—7:00— 8:30 pm

Group 1: Oct 16—Nov 20, 2013

Group 2: Feb 5— Mar 12, 2014

Group 3: Summer 2014 (details to follow)

No Need to Fret Childhood Anxiety Group



Childhood anxiety is the most common
emotional condition that today's children face. This
group helps children who worry excessively, feel
unsafe and emotionally overwhelmed. Successful
strategies are provided to manage and cope with
fears and worries.

Ages 6-8—Weekly Tuesdays—6:30-8:00 pm
Nov 5— Dec 10, 2013

Ages 9-10—Weekly Mondays—6:30-8:00 pm
Mar 24—Apr 28, 2014

Ages 6-8—Weekly Mondays—6:30-8:00 pm
May 5—Jun 16, 2014

Gal Pals—Girls Ages 10-11 A Girls Social Skills Group



In today's society, girls are forced to grow up too quickly.
This group assists girls to make healthy decisions, to
become more self-aware and assertive. They will develop
friendship skills as they connect with other girls.

Weekly Tuesdays

April 1—May 6, 2014

7:00-8:30 pm

Protecting the Girl in ME - Ages 12-13 A Girls Social Skills Group



Learn how to protect yourself and cope with the pressures
of everyday life. Gain leadership skills to promote healthy
decision making.

Bi-Weekly Wednesdays

April 9—June 18, 2014

7:00-8:30 pm

**For More Information
On Our Workshops
And Upcoming Programs
Visit Our Website At
www.woolwichcounselling.org**

Adult Programs

Understanding and Responding to Self-Harm



Do you know someone who is
self-injuring—cutting their skin,
hair pulling, burning skin /eyes, overdoses,
suffers with an eating disorder, deliberately
breaks bones, intentionally hits their
body with objects?

Come to this insightful workshop to learn why
youth deliberately injure themselves and how
to appropriately respond to support them
commit to a healthy change.

Wednesday January 22, 2014

7:30 pm

Parenting Workshops

Parenting Your Anxious Child



All children experience fears
during their development. This workshop
addresses the causes, symptoms and tips to assist
parents in managing anxiety in children.

Monday February 10, 2014

7:00 -8:30 pm

To Register:

Registration deadline is 2 weeks
prior to the program start date.

Please call 519-669-8651
to register today.