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



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



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

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.

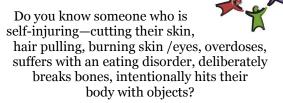
Bi-Weekly Wednesdays April 9—June 18, 2014

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



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.