WOOLWICH COUNSELLING CENTRE AND H.O.P.E. **PRESENT**



Speakers:

Jessie Quinn and Abby Cooper

Mindful Living: A Blueprint for Change -It Starts with Us

The Emotional Brain – Creating safety so that we can respond rather than react.

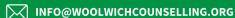
- We will discuss the science of bias and how having bias doesn't make us bad people, it just makes us human.
- We will explore how self-compassion can support us on our journey of unlearning our bias so that we can be truly compassionate with others.
- We will learn how to practice self-compassion.



TUESDAY, OCT. 10 2023 6:30-7:30 PM NO COST, IN-PERSON WORKSHOP















WOOLWICH COUNSELLING CENTRE AND H.O.P.E. **PRESENT**



Speakers:

Jessie Quinn and Abby Cooper

Reflection: Inclusive Parenting as the Foundation for Stronger Communities

The Thinking Brain – Acknowledging and reflecting on our unconscious biases.

- When we know we can do better. We will reflect and examine our own lives and how it has been impacted by our biases so that we can be intentional in making change.
- We will examine how our everyday behaviours and words model the values we want our children to reflect in their interactions with others.
- We will learn how to practice and model continuous learning in our homes.



TUESDAY, OCT. 17 2023 6:30-7:30 PM **NO COST, IN-PERSON WORKSHOP**

LEARN MORE AND REGISTER:



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WOOLWICH COUNSELLING CENTRE AND H.O.P.E. **PRESENT**



Speakers:

Jessie Quinn and Abby Cooper

Building an Inclusive Environment

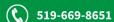
Expansion – Taking action by thoughtfully expanding our context, contacts and what we're exposed to.

• We will learn tangible actions we can take to change our bias for ourselves and our children by changing the environment in which we live.



TUESDAY, OCT. 24 2023 6:30-7:30 PM **NO COST, IN-PERSON WORKSHOP**

















BE YOU! 2SLGBTQIA+ SUPPORT GROUP

AGES 12-16

No cost, in-person group

This facilitated therapy group provides a safe, fun, and respectful environment to connect and seek support.

BI-WEEKLY TUESDAY 4-5 PM















SUPPORTING CHILDREN WHO ARE ANXIOUS

ADULT WORKSHOP

No cost, virtual workshop

All children experience fears during their development. It can affect sleep, appetite, school performance, and general well-being. Anxiety can strain family relationships and parenting. This workshop addresses the causes, symptoms, and treatment of anxiety in children. Tips are provided for parents to assist children in managing their anxiety. Strategies that enable families to cope are also shared.

WEDNESDAY, OCT. 4 2023 7-8 PM

LEARN MORE AND REGISTER:



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BREATHING AND CONNECTING TOGETHER

CHILD AND CAREGIVER YOGA AND MINDFULNESS GROUP AGES 5-9

In-person group

This 5-week group will promote connection between caregiver and child through playful yoga poses, engaging theraplay activities, breathing techniques and mindfulness strategies.

Please bring yoga mats.



*Further subsidies available if needed.



WEDNESDAYS, OCT. 11, 18, 25, NOV. 1, 8 2023

5-6 PM













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.



*Further subsidies available if needed.



MONDAYS, OCT. 23, 30, NOV. 6, 13, 20 2023 5-6 PM













This five-session therapy group develops leadership skills and confidence to enable individuals who self-identify as girls to protect themselves, develop healthy coping mechanisms, and positive social connections.

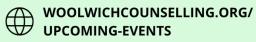


*Further subsidies available if needed.



THURSDAYS, NOV. 2, 9, 16, 23, 30 2023 4:30-5:30 PM

LEARN MORE AND REGISTER:



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PARENTING WORKSHOP

No cost, virtual workshop

Strong relationships are founded in mutual respect. This workshop will provide strategies to promote positive, respectful, and cooperative relationships with our kids.

WEDNESDAY, NOV. 8 2023

7-8 PM

















CONNECTING MIND AND BODY FOR KIDS

AGES 7-10

In-person group

A fun and engaging yoga and mindfulness children's group. Through playful games and activities, children will learn breathing techniques, yoga poses and calming exercises to connect with their thoughts and feelings.

Please bring yoga mats.



*Further subsidies available if needed.



WEDNESDAYS, NOV. 15, 22, 29, DEC. 6, 13 2023

5-6 PM









