

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



**IT TAKES A VILLAGE:  
PARENTING AS A MODEL FOR  
INCLUSIVE COMMUNITIES  
PARENTING WORKSHOP**

**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.







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

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**LEARN MORE AND REGISTER:**

-  [WOOLWICHCOUNSELLING.ORG/  
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  -  519-669-8651
  -  [INFO@WOOLWICHCOUNSELLING.ORG](mailto:info@woolwichcounselling.org)
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**HOPE**  
HEARTS OPEN FOR EVERYONE

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**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.



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**TUESDAY, OCT. 17 2023**

**6:30-7:30 PM**

**NO COST, IN-PERSON WORKSHOP**

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**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.






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

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# **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.

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**BI-WEEKLY TUESDAY**

**4-5 PM**

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# **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.

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**WEDNESDAY, OCT. 4 2023**

**7-8 PM**

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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 therapy activities, breathing techniques and mindfulness strategies.

Please bring yoga mats.

**FEE\*: \$100**

\*Further subsidies  
available if needed.

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

**5-6 PM**

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# **NO NEED TO FRET**

**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.

**FEE\*: \$100**

\*Further subsidies  
available if needed.

**MONDAYS, OCT. 23, 30, NOV. 6,  
13, 20 2023**

**5-6 PM**

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# **EMPOWERING THE GIRL IN ME**

**AGES 10-12**

## **In-person group**

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.

**FEE\*: \$100**

\*Further subsidies  
available if needed.



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

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# **STRENGTHENING CONNECTION WITH OUR CHILDREN AND TEENS**

## **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.

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**WEDNESDAY, NOV. 8 2023**

**7-8 PM**

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# 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.

FEE\*: \$100

\*Further subsidies  
available if needed.



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

5-6 PM

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