

WOOLWICH COUNSELLING CENTRE

FALL/WINTER 2025 WORKSHOPS AND GROUPS

September 2025



Caregiver Support Group

Thursday, Sept. 4, 1-2 pm; No cost

Caregivers provide physical and emotional support to family members, neighbours, partners, and friends. We recognize that caregivers may also need support. Join us for refreshments, conversation, community, and peer support. This event will have a theme of self-care. Please join us for one or all sessions.



Glad to Be Me (Ages 4-7)

Breslau Location

Thursday, Sept. 25, 4-5 pm; Fee: \$10*

This fun-filled children's workshop promotes self-esteem and self-worth.



Coping with Worries in Older Age Workshop

Breslau Location

Thursday, Sept. 25, 6:30-7:30 pm; Fee: \$10*

We recognize there are often many worries that we face in older age. In this workshop we will discuss how our response to these worries will impact our wellness and learn practical strategies for how to cope with the uncertainties we encounter.

Together we will discuss how to manage our fears and become more resilient as we enjoy life in older age.



Supporting Children Through Separation Anxiety Challenges Workshop

Tuesday, Sept. 30, 6:30-7:30 pm; Fee: \$10*

Separation anxiety is a common part of children's development. This workshop will provide a deeper understanding of the reasons behind separation difficulties in children and practical strategies to ease children's separation worries and promote their emotional resilience.

October 2025



Caregiver Support Group

Thursday, Oct. 2, 1-2 pm; No cost

Caregivers provide physical and emotional support to family members, neighbours, partners, and friends. We recognize that caregivers may also need support. Join us for refreshments, conversation, community, and peer support. This event will have a theme of self-care. Please join us for one or all sessions.



Glad to Be Me (Ages 4-7)

Monday, Oct. 6, 4-5 pm; Fee: \$10*

This fun-filled children's workshop promotes self-esteem and self-worth.



Understanding ADHD in Adults Workshop

Monday, Oct. 6, 6:30-7:30 pm; Fee: \$10*

Explore what Attention-Deficit/ Hyperactivity Disorder (ADHD) and ADD looks like in adults and how it effects work/school, home life, relationships, and mental health. This workshop will also touch on woman-specific differences in how ADHD presents. Discuss steps towards getting a diagnosis and beginning the journey of understanding and managing ADHD/ADD symptoms. This workshop is designed for anyone with an interest in ADHD.



Neurodiversity Unlocked: Understanding and Supporting Unique Pathways Workshop

Tuesday, Oct. 7, 6:30-7:30 pm; Fee: \$10*

Has your child received an Attention-Deficit/ Hyperactivity Disorder (ADHD) or Autism diagnosis? Unsure of which supports to turn to next? This workshop will support you to learn the language to communicate your needs and priorities effectively to service providers. It will help you gain an understanding of what services align with your family's needs and values.



October 2025 Continued

Understanding ADHD in Children Workshop

Breslau Location

Monday, Oct. 20, 7-8 pm; Fee: \$10*

Explore the fundamentals of Attention-Deficit/ Hyperactivity Disorder (ADHD), including its impact on behavior, learning, and social interactions. Learn how ADHD manifests differently in each child and common challenges they may face. Discover methods for assessing your child's strengths and challenges, including practical strategies for observing and understanding their unique abilities.



Anxiety Management Workshop: Changing Thoughts, Feelings, and Behaviours for a Better Mood Workshop

Tuesday, Oct. 21, 6:30-7:30pm; Fee: \$10*

Learn about an evidence-based approach commonly used in mental health counselling to support clients struggling with stress, depression and/or anxiety. You will be introduced to the CBT Model and learn how thoughts, emotions, and behaviours interact as well as the value of changing negative thinking patterns.



Glad to Be Me (Ages 4-7)

Breslau Location

Wednesday, Oct. 22, 4-5 pm; Fee: \$10*

This fun-filled children's workshop promotes self-esteem and self-worth.



Strengthening Connection and Communication with our Children and Teens Workshop

Breslau Location

Wednesday, Oct. 22, 6:30-7:30 pm; Fee: \$10*

This workshop will provide strategies to minimize power struggles, parent-child conflict, and promote positive, respectful, and cooperative relationships with our kids.



Supporting Children Who Are Anxious Workshop

Wednesday, Oct. 29, 6:30-7:30 pm; Fee: \$10*

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.



Emotion Explorers Group (Ages 5-8)

Thursdays, Oct. 30-Nov. 27, 4:30-5:30 pm; Fee: \$150*

A safe, fun space for kids to explore and express their feelings. Through games, stories, crafts, and movement, kids will learn to recognize their feelings, express them in healthy ways, and build confidence in managing big emotions.

*Further subsidies available if needed.

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FALL/WINTER 2025 WORKSHOPS AND GROUPS

November 2025



Glad to Be Me (Ages 4-7)

Monday, Nov. 3, 4-5 pm; Fee: \$10*

This fun-filled children's workshop promotes self-esteem and self-worth.



How to Do ADHD Well Group

Mondays, Nov. 3-Dec. 1, 6:30-7:30 pm; Fee: \$150*

In this five-session group, participants with ADHD* symptoms will: build awareness of their strengths and ADHD-related limitations, learn skills to support their mental health and relationships, create an individualized toolkit of coping skills for time management, memory, sleep, exercise, diet/meals, running a household, dealing with procrastination, and getting things done. Discuss workplace (or college/university) challenges, including decisions around disclosure and requesting accommodations.

*ADHD refers to attention deficit with or without hyperactivity (formerly called ADD)



Tunes and Togetherness: Seniors Music Group

Wednesdays, Nov. 5-Dec. 3, 10-11 am; Fee: \$150*

A welcoming five-session, music therapy group for older adults to connect, express, and enjoy music together—no experience needed.



Caregiver Support Group

Thursday, Nov. 6, 1-2 pm; No cost

Caregivers provide physical and emotional support to family members, neighbours, partners, and friends. We recognize that caregivers may also need support. Join us for refreshments, conversation, community, and peer support. This event will have a theme of self-care. Please join us for one or all sessions.



No Need to Fret: Primary Group (Ages 6-9)

Mondays, Nov. 10-Dec. 8, 5-6 pm; Fee: \$150*

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.



Parenting Children with ADHD Group

Breslau Location

Tuesdays, Nov. 11-Dec. 9, 6:30-8 pm; Fee: \$150*

Parenting a child with Attention-Deficit/Hyperactivity Disorder (ADHD) comes with unique challenges and opportunities. This workshop is designed to empower parents with practical knowledge and strategies tailored to meet their child's individual needs. Participants will gain insights into ADHD characteristics, effective communication techniques, and creating supportive home environments including setting up routines and the physical environment to foster their child's development and well-being.



Boundary and Assertiveness Skill Building 101 Workshop

Wednesday, Nov. 12, 6:30-7:30 pm; Fee: \$10*

An important part of mental health is being able to communicate with others about how you would like to be treated. You will learn about healthy and unhealthy boundaries and the differences between passive, aggressive, and assertive communication styles. Being assertive can help you manage stress, anger, and improve relationships. It can also boost your self-esteem to enable you to define your personal boundaries.



Glad to Be Me (Ages 4-7)

Breslau Location

Wednesday, Nov. 19, 4-5 pm; Fee: \$10*

This fun-filled children's workshop promotes self-esteem and self-worth.

November 2025 Continued



Optimizing Wellness as We Age Workshop

Breslau Location

Wednesday, Nov. 19, 6:30-7:30 pm; Fee: \$10*

There can be challenges that impact our physical, emotional, and mental health in our senior years. An intentional focus on caring for ourselves can help optimize our mental wellness. Join us to learn how optimism, self-care, and strategies for coping with worries can help us build resilience and enjoy life to the fullest.

December 2025



Strategies for an Improved and Restful Sleep Workshop

Tuesday, Dec. 2, 6:30-7:30 pm; Fee: \$10*

Struggling to get a good night's sleep?

Learn how Cognitive Behavior Therapy (CBT) can help you cope with sleep problems.



Strengthening Connection and Communication with our Children and Teens Workshop

Wednesday, Dec. 3, 6:30-7:30 pm; Fee: \$10*

This workshop will provide strategies to minimize power struggles, parent-child conflict, and promote positive, respectful, and cooperative relationships with our kids.



Caregiver Support Group

Thursday, Dec. 4, 1-2 pm; No cost

Caregivers provide physical and emotional support to family members, neighbours, partners, and friends. We recognize that caregivers may also need support. Join us for refreshments, conversation, community, and peer support. This event will have a theme of self-care. Please join us for one or all sessions.



Glad to Be Me (Ages 4-7)

Breslau Location

Wednesday, Dec. 10, 4-5 pm; Fee: \$10*

This fun-filled children's workshop promotes self-esteem and self-worth.



Managing the Stress of the Holiday Season Workshop

Breslau Location

Wednesday, Dec. 10, 6:30-7:30 pm; Fee: \$10*

This workshop will provide tips to minimize the stress that accompanies the holidays and to make changes to ensure this season is truly worth celebrating.



Glad to Be Me (Ages 4-7)

Monday, Dec. 15, 4-5 pm; Fee: \$10*

This fun-filled children's workshop promotes self-esteem and self-worth.

*Further subsidies available if needed.

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