



2025-2026 SMALL GROUP THERAPY REGISTRATION REQUIRED

CHILDREN AND YOUTH

EMOTION EXPLORERS: Self-Expression Group; Ages 5-8

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

NO NEED TO FRET: Childhood Anxiety; Primary Group; Ages 6-9

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

NO NEED TO FRET: Childhood Anxiety; Junior Group; Ages 10-12

Weekly Mon. Jan. 12-Feb. 9; 5-6 pm; Fee*: \$150

CONNECTING MIND & BODY FOR KIDS: Yoga/Mindfulness Group; Ages 3-4

Weekly Tues. Feb. 3-Mar. 3; 10-11 am; Fee*: \$150

STAND TALL: Assertiveness Building Group; Ages 7-9

Weekly Wed. Feb. 11-Mar. 11; 5-6 pm; Fee*: \$150

EMOTION EXPLORERS: Self-Expression Group; Ages 5-8

Weekly Wed. Mar. 25-Apr. 22; 4:30-5:30 pm; Fee*: \$150

EMPOWERING THE GIRL IN ME: Self-Awareness Group; Ages 10-12

Weekly Wed. Mar. 25-Apr. 22; 6:30-7:30 pm; Fee*: \$150

INTERGENERATIONAL JAMBOREE: Music Therapy Group; Ages 3+

Weekly Fri. Apr. 10-May 8; 10-11 am; Fee*: \$150

NO NEED TO FRET: Childhood Anxiety; Ages 7-10 (Breslau)

Weekly Wed. Apr. 29-May 27; 5-6 pm; Fee*: \$150

ADULTS

CAREGIVER SUPPORT GROUP

Monthly Thurs. Sept. 4, Oct. 2, Nov. 6, Dec. 4 2025,
Jan. 8, Feb. 5, Mar. 5, Apr. 2, May 7, Jun. 4, Jul. 2,
Aug. 6 2026; 1-2 pm; No cost

HOW TO DO ADHD WELL

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

TUNES AND TOGETHERNESS: SENIORS MUSIC GROUP

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

PARENTING CHILDREN WITH ADHD (BRESLAU)

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

PARENTING CHILDREN WITH ADHD (ELMIRA)

Weekly Tues. Feb. 3-Mar. 3; 6-7:30 pm; Fee*: \$150

GRIEF GROUP FOR SENIORS

Weekly Wed. Feb. 4-Mar. 11; 10:30-11:30 am; No cost

MINDSHIFT: ANXIETY MANAGEMENT GROUP

Tues. Mar. 10, 24, Apr. 7, 21, May 5; 6:30-7:30 pm; Fee*: \$150

PARENTING CHILDREN WITH ADHD (ELMIRA)

Weekly Tues. Apr. 14-May 12; 12:30-2 pm; Fee*: \$150

CALM AND CONTENT: MANAGING YOUR EMOTIONAL STATE

Weekly Mon. Apr. 20-May 11; 6:30-7:30 pm; Fee*: \$150

BUILDING BETTER BOUNDARIES

Weekly Thurs. May 7-Jun. 18; 6-7:30 pm; No cost

SKILLS TO MOVE FROM SELF-CRITICISM TO SELF-COMPASSION

Weekly Mon. May 25-Jun. 22; 6:30-7:30 pm; Fee*: \$150

TUNES AND TOGETHERNESS: SENIORS MUSIC GROUP

Weekly Tues. Jun. 2-30; 10-11 am; Fee*: \$150

*Further subsidies available if needed.

2025-2026 WORKSHOPS

REGISTRATION REQUIRED

CHILDREN AND YOUTH

- **Glad to Be Me (Breslau):** Self-Esteem: Ages 4-7; Sept. 25, Oct. 22, Nov. 19, Dec. 10; 4-5 pm; Fee*: \$10/workshop
- **Glad to Be Me (Elmira):** Self-Esteem: Ages 4-7; Oct. 6, Nov. 3, Dec. 15 2025, Jan. 5, Feb. 2, Mar. 2, Apr. 13, May 4, Jun. 1 2026; 4-5 pm; Fee*: \$10/workshop

PARENTING

- **Supporting Children Through Separation Anxiety Challenges:** Sept. 30; 6:30-7:30 pm; Fee*: \$10
- **Understanding ADHD in Children (Breslau):** Oct. 20; 7-8 pm; Fee*: \$10
- **Strengthening Connection and Communication with our Children and Teens (Breslau):** Oct. 22; 6:30-7:30 pm; Fee*: \$10
- **Supporting Children Who are Anxious:** Oct. 29; 6:30-7:30 pm; Fee*: \$10
- **Strengthening Connection and Communication with our Children and Teens:** Dec. 3; 6:30-7:30 pm; Fee*: \$10
- **Understanding ADHD in Children:** Jan. 13; 6:30-7:30 pm; Fee*: \$10
- **Effective Problem-Solving and Limit-Setting with our Children:** Jan. 28; 6:30-7:30 pm; Fee*: \$10
- **Helping Teens Manage Anxiety:** Feb. 4; 6:30-7:30 pm; Fee*: \$10
- **Strengthening Children's Emotion-Regulation Skills:** Feb. 11; 6:30-7:30 pm; Fee*: \$10

GENERAL

- **Coping with Worries in Older Age (Breslau):** Sept. 25; 6:30-7:30 pm; Fee*: \$10
- **Understanding ADHD in Adults:** Oct. 6; 6:30-7:30 pm; Fee*: \$10
- **Neurodiversity Unlocked: Understanding and Supporting Unique Pathways:** Oct. 7; 6:30-7:30 pm; Fee*: \$10
- **Anxiety Management Workshop: Changing Thoughts, Feelings, and Behaviours for a Better Mood:** Oct. 21; 6:30-7:30 pm; Fee*: \$10
- **Boundary and Assertiveness Skill-Building 101:** Nov. 12; 6:30-7:30 pm; Fee*: \$10
- **Optimizing Wellness as We Age (Breslau):** Nov. 19; 6:30-7:30 pm; Fee*: \$10
- **Strategies for an Improved and Restful Sleep:** Dec. 2; 6:30-7:30 pm; Fee*: \$10
- **Managing the Stress of the Holiday Season (Breslau):** Dec. 10; 6:30-7:30 pm; Fee*: \$10
- **Discovering the Benefits of Mindfulness:** Jan. 14; 6:30-7:30 pm; Fee*: \$10
- **Calm and Content: Understanding and Managing Emotions:** Mar. 2; 6:30-7:30 pm; Fee*: \$10
- **Self-Compassion 101: What it is and how to practice it:** Apr. 9; 6:30-7:30 pm; Fee*: \$10
- **Let's Talk About Mental Health: Learning Skills to Support Others:** May 6; 6:30-7:30 pm; Fee*: \$10

LEARN MORE AND REGISTER:

☎ 519-669-8651

✉ INFO@WOOLWICHCOUNSELLING.ORG

🏠 65 MEMORIAL AVE,
ELMIRA

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