



Woolwich Counselling Centre Presents...

Mindfulness

Adult Workshop

This 6 week course will help you discover a healthier, more relaxed and focused you.



Group 1: Oct 25, Nov 1, 8, 15, 22 & 29, 2017
Group 2: Jan 25, Feb 1, 8, 15, 22 & Mar 1, 2018
Group 3: May 17, 24, 31, Jun 7, 14 & 21 2018

6:30-8:00 pm

Fee: \$100

PRE-INTERVIEW REQUIRED
Please call 519-669-8651 to register