



Woolwich Counselling Centre Presents...

Parent & Child Mindfulness Group



Parent(s) and children will practice and experience the benefits of mindfulness together, including reduction of stress and anxiety, as well as increase self-awareness and a positive, interconnected parent-child relationship.

Jan 17, 24, 31, Feb 7, 14 & 21, 2018

6:00-7:00 pm Fee: \$100/parent, \$50/child

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