



Woolwich Counselling Centre Presents...

Mindfulness

Adult Workshop

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



Group 1: Nov 1, 8, 15, 22, 29 & Dec 6, 2018

Group 2: Mar 21, 28, Apr 4, 11, 18 & 25, 2019

6:30-8:00 pm

Fee: \$100

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