



Woolwich Counselling Centre Presents...

Parent & Child Mindfulness Group



Parent(s) and children will practice and experience the benefits of mindfulness together, reduce stress and anxiety while increasing your self-awareness and parent-child relationship.

Jan 16, 23, 30, Feb 6, 13 & 20, 2019

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

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