



Woolwich Counselling Centre Presents...

Mindfulness

Adult Workshop

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



Feb 6, 13, 20, 27 & Mar 5, 2020

6:30-8:00 pm

Fee: \$100

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