



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.

**Apr 20, 27, May 4 & 11, 2020**

**5:30-6:30 pm      Fee: \$100/parent, \$50/child**

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