



Woolwich Counselling Centre Presents...

Coping with Loneliness

Virtual Adult Workshop—No Cost

Humans are innately social so any physical, emotional or psychological disruption, can trigger feelings of loneliness. Covid-19 has been a significant social disruption, but identifying loneliness and finding ways to fill your emotional needs will lead to greater resiliency.



This workshop will provide you with tools to identify and respond to loneliness in order to build resiliency.

October 27, 2020

7:00-8:00 pm

**Please call 519-669-8651
or email: info@woolwichcounselling.org
for more information or to register.**