



Woolwich Counselling Centre Presents...

# The Importance of Self-Care

Virtual Adult Workshop ~ No Cost

A workshop aimed at identifying key elements of care that can impact mood and overall well-being. Great for those interested in learning how they can support their physical and mental health through day-to-day behavioural change.



**November 3, 2020**

**7:00-8:00 pm**

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