



Woolwich Counselling Centre Presents...

# Mindfulness

Virtual Adult Workshop ~ No Cost

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



**Nov 5, 12, 19, 26, Dec 3 & 10, 2020**

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

**PRE-INTERVIEW REQUIRED**

**Please call 519-669-8651**

**or email: [info@woolwichcounselling.org](mailto:info@woolwichcounselling.org)**

**for more information or to register**