



Woolwich Counselling Centre Presents...

Coping with the Winter Blues

Virtual Adult Workshop—No Cost

If your mood is as cold and as gloomy as the blahs of winter, join us to explore ways to ease that seasonal slump and reduce the winter blues.



January 26, 2021

7:00-8:00 pm

You can log in anonymously by changing your name, and no need to come on camera. We are here to protect your privacy while offering support.

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