



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.



Mar 25, Apr 1, 8, 15, 22 & 29, 2021

7:00-8:00 pm

PRE-INTERVIEW REQUIRED

Please call 519-669-8651

or email: info@woolwichcounselling.org

for more information or to register