

WOOLWICH  
COUNSELLING CENTRE  
AND BEREAVED  
FAMILIES OF ONTARIO -  
MIDWESTERN REGION  
PRESENTS

# ANYTHING BUT MERRY

## ADULT WORKSHOP

### No cost, virtual workshop

When you're grieving, the holiday season can seem Anything But Merry. It can be a time of overwhelming emotions and new challenges.

Join us at our virtual education session where we acknowledge the difficulties the holiday season can bring and share coping strategies to help you through.

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**MONDAY, DEC. 13 2021**

**7-8 PM**

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**LEARN MORE AND REGISTER:**



**519-669-8651**



**INFO@WOOLWICHCOUNSELLING.ORG**



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WOOLWICH  
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**Bereaved Families of Ontario**  
MIDWESTERN REGION