

**WOOLWICH  
COUNSELLING  
CENTRE  
PRESENTS**

# **COPING WITH LONELINESS**

## **ADULT WORKSHOP**

### **No cost, virtual workshop**

Humans are innately social. Any physical, emotional or psychological disruption can trigger feelings of loneliness.

This workshop will provide you with tools to identify and respond to loneliness and build resiliency.

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**WEDNESDAY, DEC. 1 2021**

**7-8 PM**

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**LEARN MORE AND REGISTER:**



**519-669-8651**



**INFO@WOOLWICHCOUNSELLING.ORG**



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