

**WOOLWICH  
COUNSELLING  
CENTRE  
PRESENTS**

# **THE IMPORTANCE OF SELF-CARE**

## **ADULT WORKSHOP**

**No cost, virtual workshop**

This workshop is aimed at identifying key elements of care that can impact mood and overall well-being. Learn how to support your physical and mental health through day-to-day behavioural change.

---

**TUESDAY, SEPT. 28 2021**

**7-8 PM**

---

**LEARN MORE AND REGISTER:**



**519-669-8651**



**INFO@WOOLWICHCOUNSELLING.ORG**



**65 MEMORIAL AVE, ELMIRA**



**FOLLOW US**

---

