

**WOOLWICH
COUNSELLING
CENTRE
PRESENTS**

MINDFULNESS

ADULT GROUP

No cost, virtual group

This six-week therapy group will help you discover a healthier, more relaxed and focused YOU.

**MONDAYS, NOV. 1, 8, 15, 22, 29,
DEC. 6 2021**

7-8 PM

LEARN MORE AND REGISTER:



519-669-8651



INFO@WOOLWICHCOUNSELLING.ORG



65 MEMORIAL AVE, ELMIRA



FOLLOW US

