

**WOOLWICH
COUNSELLING
CENTRE
PRESENTS**

MOTIVATION AND GOAL SETTING 101

ADULT WORKSHOP

No cost, virtual workshop

Setting goals is an important part of mental health.

Creating and achieving goals increases feelings of success and motivation. This workshop will introduce you to practical ways to set SMART Goals that will lead to improved emotional wellness for the life you want to live.

TUESDAY, JAN. 18 2022

7-8 PM

LEARN MORE AND REGISTER:



519-669-8651



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