


**WOOLWICH  
COUNSELLING  
CENTRE  
PRESENTS**



Let's talk

# **LET'S TALK ABOUT MENTAL HEALTH: LEARNING SKILLS TO SUPPORT OTHERS**

## **ADULT WORKSHOP**

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

Mental health impacts everyone. Whether you're struggling with challenges caused by the pandemic or ongoing mental health concerns, conversations on this topic are essential.

In honor of Bell Let's Talk Day, this workshop will explore every day mental health issues people face while sharing how these symptoms are heightened by COVID-19. Join us to learn how to navigate conversations to support others, as well as practical coping strategies to manage your own mental well-being.

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**WEDNESDAY, JAN. 26 2022**

**7-8 PM**

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### **LEARN MORE AND REGISTER:**



**519-669-8651**



**INFO@WOOLWICHCOUNSELLING.ORG**



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