

WOOLWICH
COUNSELLING CENTRE
AND BEREAVED
FAMILIES OF ONTARIO -
MIDWESTERN REGION
PRESENTS

ANYTHING BUT MERRY: COPING WITH THE HOLIDAYS (GRIEF AND SPECIAL DAYS)

No cost, virtual, adult workshop

Special days can be a time of overwhelming emotions, new challenges and unrealistic expectations. Grief may be felt more deeply, no matter what you celebrate, observe or practice.

All are welcome to join us and learn tips and strategies to help navigate this time of year.

MONDAY, DEC. 13 2021

7-8 PM

LEARN MORE AND REGISTER:



519-669-8651



INFO@WOOLWICHCOUNSELLING.ORG



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