

**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.

**THURSDAYS, MAR. 31,
APR. 7, 14, 21, 28, MAY 5 2022**

7-8 PM

LEARN MORE AND REGISTER:



519-669-8651



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