

**WOOLWICH  
COUNSELLING  
CENTRE  
PRESENTS**

# **BUILDING RESILIENCE**

## **ADULT WORKSHOP**

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

Building resilience brings peace, hope, and happiness into your life and can equip you to better support yourself and others.

Join us to discover how to learn from and grow through adversity. We will help you build a resilience plan and learn new skills to apply to your life when stressful situations arise.

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**MONDAY, OCT. 3 2022**

**7-8 PM**

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**LEARN MORE AND REGISTER:**



**519-669-8651**



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