

**WOOLWICH
COUNSELLING
CENTRE
PRESENTS**

THE IMPORTANCE OF SELF-CARE

ADULT WORKSHOP

No cost, virtual workshop

This workshop is aimed at identifying key elements of care that can impact mood and overall well-being. Learn how to support your physical and mental health through day-to-day behavioural change.

MONDAY, SEPT. 26 2022

7-8 PM

LEARN MORE AND REGISTER:



519-669-8651



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