

**WOOLWICH
COUNSELLING
CENTRE
PRESENTS**



MANAGING THE STRESS OF THE HOLIDAY SEASON

ADULT WORKSHOP

No cost, virtual workshop

This workshop will provide tips to minimize the stress that accompanies the holidays and to make changes to ensure this season is truly worth celebrating.

MONDAY, DEC. 5 2022

7-8 PM

LEARN MORE AND REGISTER:



519-669-8651



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