

**WOOLWICH
COUNSELLING
CENTRE
PRESENTS**

MINDFULNESS

ADULT GROUP

Virtual group

This six-week therapy group will help you discover a healthier, more relaxed and focused YOU.

FEE*: \$120

*Further subsidies available if needed.

**MONDAYS, NOV. 7, 14, 21, 28,
DEC. 5, 12 2022**

7-8 PM

LEARN MORE AND REGISTER:



519-669-8651



INFO@WOOLWICHCOUNSELLING.ORG



65 MEMORIAL AVE, ELMIRA



FOLLOW US

