

**WOOLWICH
COUNSELLING
CENTRE
PRESENTS**

CAREGIVER SUPPORT GROUP

ADULT SESSION

No cost, in-person sessions

Caregivers provide physical and emotional support to family members, neighbours, partners, and friends. We recognize that caregivers may also need support. We are here for you.

Please join us for refreshments, conversation, community, and peer support. This event will have a theme of self-care. Please join us for one or all sessions.

**THURSDAYS, JAN. 5, FEB. 2,
MAR. 2, APR. 6, MAY 4, JUN. 1 2023
1-2 PM**

LEARN MORE AND REGISTER:



519-669-8651



INFO@WOOLWICHCOUNSELLING.ORG



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