

**WOOLWICH
COUNSELLING
CENTRE
PRESENTS**

COPING WITH LONELINESS

ADULT WORKSHOP

No cost, virtual workshop

Humans are innately social. Any physical, emotional or psychological disruption can trigger feelings of loneliness.

This workshop will provide you with tools to identify and respond to loneliness and build resiliency.

MONDAY, MAR. 20 2023

7-8 PM

LEARN MORE AND REGISTER:



519-669-8651



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