

**WOOLWICH
COUNSELLING
CENTRE
PRESENTS**

COPING WITH THE WINTER BLUES

ADULT WORKSHOP

No cost, virtual workshop

If your mood is as gloomy as the "blahs of winter", join us to explore ways to ease that seasonal slump and reduce the winter blues.

THURSDAY, JAN. 26 2023

7-8 PM

LEARN MORE AND REGISTER:



519-669-8651



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