

**WOOLWICH  
COUNSELLING  
CENTRE  
PRESENTS**

# **COPING WITH WORRIES IN OLDER AGE**

## **ADULT WORKSHOP**

**No cost, virtual workshop**

We recognize there are often many worries that we face in older age. In this workshop we will discuss how our response to these worries will impact our wellness and learn practical strategies for how to cope with the uncertainties we encounter.

Together we will discuss how to manage our fears and become more resilient as we enjoy life in older age.

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**WEDNESDAY, MAR. 8 2023**

**1-2 PM**

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**LEARN MORE AND REGISTER:**



**519-669-8651**



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