

**WOOLWICH  
COUNSELLING  
CENTRE  
PRESENTS**

# **MOTIVATION AND GOAL SETTING 101**

## **ADULT WORKSHOP**

### **No cost, virtual workshop**

Setting goals is an important part of mental health.

Creating and achieving goals increases feelings of success and motivation. This workshop will introduce you to practical ways to set SMART Goals that will lead to improved emotional wellness for the life you want to live.

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**MONDAY, JAN. 16 2023**

**7-8 PM**

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### **LEARN MORE AND REGISTER:**



**519-669-8651**



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