

**WOOLWICH
COUNSELLING
CENTRE
PRESENTS**

IMPORTANCE OF SELF-CARE FOR PARENTS

PARENTING WORKSHOP

No cost, virtual workshop

Parental self-care is vital to the well-being of our children. Self-care can help replenish a parent's energy, focus and positivity.

Tips and strategies on how to take care of ourselves to ensure we have positive energy for our children will be discussed.

THURSDAY, APR. 13 2023
7-8 PM

LEARN MORE AND REGISTER:



519-669-8651



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