


**WOOLWICH
COUNSELLING
CENTRE
PRESENTS**



Let's talk

LET'S TALK ABOUT MENTAL HEALTH: LEARNING SKILLS TO SUPPORT OTHERS

ADULT WORKSHOP

No cost, virtual workshop

Mental health impacts everyone. Whether you're struggling with challenges caused by the pandemic or ongoing mental health concerns, conversations on this topic are essential.

In honor of Bell Let's Talk Day, this workshop will explore every day mental health issues people face while sharing how these symptoms are heightened by COVID-19. Join us to learn how to navigate conversations to support others, as well as practical coping strategies to manage your own mental well-being.

WEDNESDAY, JAN. 25 2023

7-8 PM

LEARN MORE AND REGISTER:



519-669-8651



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