

**WOOLWICH
COUNSELLING
CENTRE
PRESENTS**

MINDFULNESS

ADULT GROUP

Virtual group

This six-week therapy group will help you discover a healthier, more relaxed and focused YOU.

FEE*: \$120

*Further subsidies available if needed.

**THURSDAYS, MAR. 23, 30,
APR. 6, 13, 20, 27 2023**

7-8 PM

LEARN MORE AND REGISTER:



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