

**WOOLWICH
COUNSELLING
CENTRE
PRESENTS**

MINDFULNESS LUNCH BREAK

ADULT GROUP

Virtual group

Join us for a 5-week mid-day break to re-centre and de-stress to improve focus and concentration, restoring your daily well-being.

FEE*: \$50

*Further subsidies available if needed.

**THURSDAYS, JAN. 19, 26,
FEB. 2, 9, 16 2023**

12:30-1 PM

LEARN MORE AND REGISTER:



519-669-8651



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