

**WOOLWICH  
COUNSELLING  
CENTRE  
PRESENTS**

# **PRACTICING POSITIVE THINKING AND GRATITUDE**

## **ADULT WORKSHOP**

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

The skill of positive thinking and learning to practice gratitude can have a significant impact on your physical, emotional, and mental health. With practice, you can enjoy the physical and emotional health improvements that come with optimism.

Join us to explore how to benefit from positive thinking, and how to approach difficult circumstances in life from a healthier perspective.

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**MONDAY, APR. 10 2023**

**7-8 PM**

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**LEARN MORE AND REGISTER:**



**519-669-8651**



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