

**WOOLWICH  
COUNSELLING  
CENTRE  
PRESENTS**

# **SUPPORTING SOMEONE WITH DEPRESSION**

## **ADULT WORKSHOP**

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

Depression is a serious, but treatable disorder affecting an estimated 1 in 4 Canadians of all ages. Support from close relationships can play an important role in recovery and yet it can be hard to know how to help.

Join us for this insightful workshop to gain a better understanding of this illness and what you can do to make a difference.

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**TUESDAY, MAY 2 2023**

**7-8 PM**

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**LEARN MORE AND REGISTER:**



**519-669-8651**



**INFO@WOOLWICHCOUNSELLING.ORG**



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