

**WOOLWICH  
COUNSELLING  
CENTRE  
PRESENTS**

# **TALKING MENTAL HEALTH WITH OUR KIDS**

## **PARENTING WORKSHOP**

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

Mental health impacts everyone which is why conversations with our children and youth on this topic are essential.

This workshop will explore how caregivers can navigate mental health conversations and demonstrate support to our children and youth.

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**THURSDAY, MAY 11 2023**

**7-8 PM**

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**LEARN MORE AND REGISTER:**



**519-669-8651**



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