

**WOOLWICH
COUNSELLING
CENTRE
PRESENTS**

CALM AND CONTENT: STRATEGIES FOR MANAGING YOUR EMOTIONAL STATE

ADULT WORKSHOP

No cost, virtual workshop

Life is better when we can manage our emotions and avoid getting stuck in an anxious, down, or angry state.

In this workshop you will receive an introduction to how our nervous system works to manage emotions. You will learn a few tips on how to use this wisdom to stay calm and content.

WEDNESDAY, NOV. 9 2022

7-8 PM

LEARN MORE AND REGISTER:



519-669-8651



INFO@WOOLWICHCOUNSELLING.ORG



65 MEMORIAL AVE, ELMIRA



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