

**WOOLWICH  
COUNSELLING  
CENTRE  
PRESENTS**



# **COPING WITH WORRIES**

## **SENIORS GROUP**

**No cost, in-person group**

This 5-week group will support you in learning practical strategies for how to cope with the uncertainties we encounter as we age.

Together we will discuss how to manage our fears and become more resilient as we enjoy life.

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**WEDNESDAYS,  
NOV. 2, 9, 16, 23, 30 2022  
1-2 PM**

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**LEARN MORE AND REGISTER:**



**519-669-8651**



**INFO@WOOLWICHCOUNSELLING.ORG**



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