REGION OF
WATERLOO
LIBRARY
AND
WOOLWICH
COUNSELLING
CENTRE
PRESENT

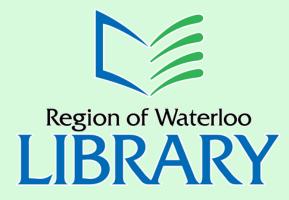


## COPING WITH THE WINTER BLUES

**ADULT WORKSHOP** 

## No cost, virtual workshop

If your mood is as gloomy as the "blahs of winter", join us to explore ways to ease that seasonal slump and reduce the winter blues.





**MONDAY, FEB. 27 2023** 

7-8 PM

## **REGISTER:**

RWLIBRARY.LIBNET.
INFO/EVENT/7593652

