



Woolwich Counselling Centre Presents...

Parent & Child Mindfulness Group



Parent(s) and children will practice and experience the benefits of mindfulness together, reduce stress and anxiety while increasing your self-awareness and parent-child relationship.

Jan 17, 24, 31, Feb 7, 14 & 21, 2018

6:00-7:00 pm Fee: \$100/parent, \$50/child

PRE-INTERVIEW REQUIRED
Please call 519-669-8651 to register