



Woolwich Counselling Centre Presents...

S.A.F.E.

Self Abuse Finally Ends

Ages: 12-15



Self abuse/harm is when someone injures themselves on purpose as a way to cope with uncomfortable feelings.

This group provides strategies to manage feelings, develop healthy coping mechanisms and increase self-esteem and confidence.

Summer Retreat

Monday July 13th to Friday July 17, 2015

Fee: \$100

1:00-3:00 p.m.

PRE-INTERVIEW REQUIRED

Please call **519-669-8651** to register
by **June 30, 2015**