



Woolwich Counselling Centre Presents...

Understanding & Responding to Self-Harm

Together we can reduce the stigma of Self-Harm and support the 15-20% of our youth that self-injure.



Self-injury is a coping mechanism used to cope with uncomfortable feelings, which quickly turns into an addiction.

Do you know someone who is self-injuring— cutting their skin, hair pulling, burning skin /eyes, overdoses, suffers with an eating disorder, deliberately breaks bones, intentionally hits their body with objects?

Come to this insightful workshop to learn why youth deliberately injure themselves and how to appropriately respond to support them commit to a healthy change.

Wednesday June 17, 2015

Fee: \$15

7:00-8:30 p.m.

Please call 519-669-8651 for more information