



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 January 14, 2015**

**Fee: \$15**

**7:00-8:30 p.m.**

**Please call 519-669-8651 for more information**