



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.



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?

Presentation focuses on why youth deliberately injure themselves and how to appropriately respond to assist them commit to a healthy change.

**Monday March 6, 2017**

**Fee: \$15      7:00-8:00 p.m.**

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



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# Mindfulness

Adult Workshop

This 6 week course will help you discover a healthier, more relaxed and focused you.



**March 2, 9, 16, 23, 30 & April 6, 2017**

**6:30-8:00 pm**

**Fee: \$100**

**PRE-INTERVIEW REQUIRED**

**Please call 519-669-8651 to register  
by February 10, 2017**