



Free Support Group

Come join us in provocative and insightful discussions about issues which are meaningful and important to you. Topics will be drawn from the group and can include issues such as: mood, feelings, children, relationships, anxiety, work stressors, and the meaning of life....

Starts: **November 23, 2017**

And every last Thursday of the month.

Time: **7:00pm – 9:00pm**

Cost: **Free**

(donations gratefully accepted)



Refreshments provided.

Location: The Healing Garden -1104 Fernlea Side Road, Tillsonburg, ON,
(just off Hwy 3 going east, just past Courtland).

Please call (519) 550-0295 or send an email to: ecarvalho1766@gmail.com to confirm your attendance.

We look forward to seeing you!



Facilitated by: Esmeralda Carvalho

Esmeralda has had extensive experience in the delivery of workshops in the mental health field. She has a BA from the University of Toronto and is currently completing a Master in Counselling Psychology through Yorkville University.

