



Wellness Drop-in Program

WHEN:

Mondays

10:00-11:30 am
5:00-6:30pm

Wednesdays

2:00-3:30pm

WHERE:

Family Services
Windsor-Essex

1770 Langlois Ave

Info at:

<https://fswe.ca/counselling/groups/>

[519-966-5010](tel:519-966-5010)



90 minute group counselling sessions offered on an ongoing 4-week rotation cycle covering topics such as:

Module 1: Sense of Self

Module 2: Boundaries and Communication

Module 3: Feelings, Anxiety and Stress

Module 4: Depression and Anger

Module 5: *Mindfulness and Movement

JOIN ANYTIME!

The Wellness Drop-In Program includes instructional counselling groups that can help anyone develop coping techniques to handle daily challenges such as: sadness, anxiety, stress, feeling bad, etc., as well as managing current or past life events. These sessions can be used before, during or after individual counselling. (*Module 5 only - talk with your counsellor about this specific program's details)

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