



# 'Walk-In Wellness' Group Sessions



**Do you have?**

**We can help you develop:**



**Windsor**  
Mon: 5:30-7:00pm  
Wed: 2:00-3:30pm  
Thur: 10:00-11:30am

**Harrow**  
Mon: 5:00-6:30pm

**Leamington**  
Mon: 10:00-11:30am

Our *Walk-In Wellness* group sessions can help individuals develop coping techniques to handle daily challenges. *Walk-In Wellness* can be used before or after individual counselling work.  
**JOIN ANYTIME!**

Class Topics, Dates  
Locations and more:  
[fswe.ca/walk-in-wellness](http://fswe.ca/walk-in-wellness)

**1-888-933-1831**

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