

## Family Services Windsor-Essex

### WALK-IN WELLNESS GROUP SESSIONS - SCHEDULE

(\*Subject to Change)

Harrow Health Centre	*Monday 5:00 - 6:30 pm
Apr-22	Sense of Self
Apr-29	Communication & Boundaries
May-06	Stress & Anxiety
May-13	Depression & Anger
Jul-08	Sense of Self
Jul-15	Communication & Boundaries
Jul-22	Stress & Anxiety
Jul-29	Depression & Anger
Sep-30	Sense of Self
Oct-07	Communication & Boundaries
Oct-21	Stress & Anxiety
Oct-28	Depression & Anger
Jan-06	Sense of Self
Jan-13	Communication & Boundaries
Jan-20	Stress & Anxiety
Jan-27	Depression & Anger