

PARTY LIKE IT'S THE END OF THE WORLD: goal setting at its best!



Workshop #1: How small changes count.

Workshop #2: Where does motivation to change come in?

Workshop #3: Finding the right support.

Workshop #4: Reevaluation and dealing with emotions.

Workshop #5: Overcoming Obstacles and celebrating.

Time: 10am to 11am on ZOOM

**Program Start Date: February 15th, 16, 22,
23, March 1st, 2, 8, 9, 15 and 16, 2022**

How To Apply:

Phone 519-848-3462 to register.