



New Year, New You!

Keeping Your Resolutions

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Do you find that you have trouble keeping your New Years Resolutions? Most of us do. If this sounds like you, come join us to learn more about how to stick with your resolutions and be successful in the New Year!

This workshop will be run by two local therapists, Rachel Sturgeon_{MA, CCC} and Nicole Corbett_{MA, RSW}, who will take you through the steps to success!

Drop-in space may be available, but call to reserve yours to guarantee your spot!

Information

When: Tuesday, January 27, 2015

Time: 6:30-8:00PM

Where: Isabel Turner Branch, Kingston Public Library, Room A

Cost: \$15 per person, light refreshments will be served.

For more information or to register, please contact Rachel at:

(613) 770-2327 or

rachel@sturgeoncounselling.com



Spaces are limited to call to book yours now!

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