

**WOOLWICH  
COUNSELLING  
CENTRE  
PRESENTS**

# **BOUNDARY AND ASSERTIVENESS SKILL-BUILDING 101 ADULT WORKSHOP**

**No cost, virtual workshop**

An important part of mental health is being able to communicate with others about how you would like to be treated.

You will learn about healthy and unhealthy boundaries and the differences between passive, aggressive, and assertive communication styles. Being assertive can help you manage stress, anger, and improve relationships. It can also boost your self-esteem to enable you to define your personal boundaries.

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**TUESDAY, NOV. 2 2021**

**7-8 PM**

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**LEARN MORE AND REGISTER:**



**519-669-8651**



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