

**WOOLWICH
COUNSELLING
CENTRE
PRESENTS**



BUILDING BETTER BOUNDARIES

ADULT GROUP

No cost, in person group

This eight-week psychoeducational therapy group explores the importance of healthy boundaries in relationships, and provides concrete information and strategies to develop and maintain them.

This group will explore why setting healthy boundaries can feel challenging, and offer steps to overcome these barriers.

**THURSDAYS, OCT 21, 28, NOV. 4, 11,
18, 25, DEC. 2, 9 2021**
6-8 PM

LEARN MORE AND REGISTER:



519-669-8651



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