

**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.

Funded by Ministry of Children, Community and Social Services.

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**THURSDAYS, APR. 6, 13, 20, 27,  
MAY 4, 11, 18, 25 2023  
6-8 PM**

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**LEARN MORE AND REGISTER:**



**519-669-8651**



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