



# Healthy Boundaries

What ♦ Why ♦ When ♦ How

## Support Group

Interested in learning how to set healthy boundaries? Join us every other Wednesday to discuss ways to improve your skills for setting personal, emotional and physical boundaries. We will also be looking at ways to set boundaries in relationships and why communication is essential for maintaining those relationships. If interested, please contact us!

Learn how to build & maintain healthy relationships

What is a Boundary?

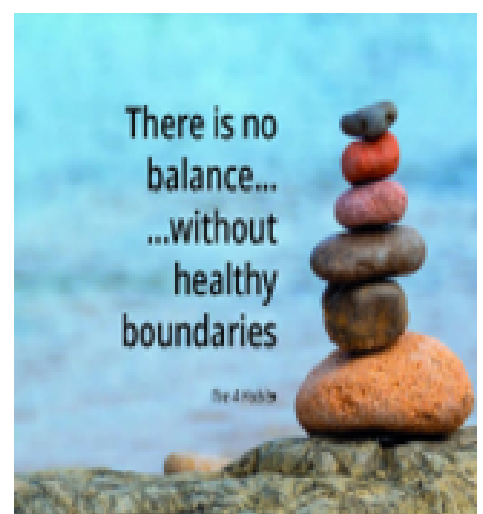
Learn the art of saying "No"

Every Other Wednesday

6p-7p

THE WOMEN'S CENTER  
Of Columbia & Montour  
Counties

570-784-6631



There is no balance...  
...without healthy boundaries

By Ahabla