

Boundaries Group

When to Say Yes, When to Say No to Take Control of Your Life

Do you have trouble saying no? • Can you set limits and still be a loving person? • Are you in control of your life? • What are your legitimate boundaries? • Do people take advantage of you? • How do you answer to someone who wants your time, love, energy, and money?

Purpose of Group:

- Provide Biblically based answers to these tough questions in relationships with parents, spouses, children, friends, coworkers, and even ourselves
- Cultivate the Habit of Creating and Maintaining Healthy Boundaries
- Provide the Framework for Rich and Productive Relationships

Cost: \$60.00 per week

Insurance accepted

Sliding Fee Scale available

Program Length

10 weeks

Registration & Intake required

For more information:

Call Deb at 763-566-0088, EXT 219



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