

# Bridges Community Health Centre

## Community Health and Wellness Programs

### Building Healthy Boundaries

A Four-Week Therapeutic Group—Port Colborne site



All Bridges CHC programs are open to the entire community at no cost.

**Wednesday, May 7, 14, 21, 28, 10:30am-12:00pm**

Struggling to say no, express your needs, or set limits without guilt? Join our Registered Social Worker in this supportive four-week group to learn how to develop healthy boundaries, communicate them with confidence, and navigate challenges such as people-pleasing and pushback. Through education, interactive exercises, and self compassion practices, you will build the skills to protect your time, energy, and well-being.

To register:

Please call 289-479-5017 ext. 0  
or email [info@bridgeschc.ca](mailto:info@bridgeschc.ca)

*Space is limited.*