

Bridges Community Health Centre

Community Health and Wellness Programs

Building Healthy Boundaries

A Four-Week Therapeutic Group—Fort Erie site



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

Tuesday September 9, 16, 23, 30, 10:00am-11:30am

Struggling to say no, express your needs, or set limits without guilt? Join our Registered Social Worker Melissa 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 905-871-7621 ext. 0 or email info@bridgeschc.ca
Space is limited.