

# 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](mailto:info@bridgeschc.ca)

*Space is limited.*