

BOUNDARIES

How to Deal With Unhealthy Relationships

A 5-week therapy process group for adults who want healthier relationships and clearer personal boundaries.

Learn practical tools to identify patterns, communicate limits, manage guilt and anxiety, and protect your peace—without losing your heart.



Led by Jenny Miller, MAPC

DATES

Tuesdays in March

TIME

7:00-8:30 PM (90 minutes)

COST

\$10 per session

FORMAT

Virtual (secure video)

Sign up / more info:

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www.hopewaymentalhealth.com