BOUNDARY PROCESSING GROUP

How to understand, create and maintain boundaries in our relationships.

This group is an opportunity to get a better understanding of your relationship with your boundaries and receive social support around upholding them. This is an opportunity to have a virtual space to receive social support for boundary related issues showing up in your life!

Contact Emily Haider or Sahara Butler today to enroll!
Pre-registration is required. NO walk-ins.

Every Thursday, April 16 - June 18 **5:15-6:30pm** **Virtual Group; Link will be provided**

LED BY: EMILY HAIDER LMSW AND SAHARA BUTLER LPC

Have access to informative resources about boundaries.

Build a community of support while processing struggles around boundaries.

Gain a better understand of how to manage boundaries.

Have access to clinical support in processing and navigating boundaries.

Free of charge! This is a pro-bono support group.

Participants who attend at least 60% of sessions receive access to our No Estás Solo counseling!

any baby can™

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