



# Aspirations Inc.

a safe place to grow 

**New Dates  
for 2012!!**

## Boundaries Group

**In our 10-week process-experiential group about boundaries, you will learn, rediscover and explore:**

- What boundaries are, and what they do for us
- Your boundary style and where it came from
- How to communicate your boundaries
- And what to do when boundary violations happen

### Do you ....

- ... automatically say yes whenever anyone asks for your help?
- ... always put yourself at the bottom of your to-do list?
- ... let friends or loved ones consistently monopolize conversations or bully you into going along with their decisions?

### As a result of this group, you will ...

- Establish healthy boundaries
- Feel more positive and less resentful
- Avoid burnout
- Have more time for yourself
- Be able to lead a healthier, more holistic life

**Who:** 6 spots available for women age 18+ (trans friendly)

**Start date:** Wednesday, February 15, 2012 - 7-9pm

**Location:** Aspirations Inc. (9853, 90 Avenue)

**Cost:\*** \$450 for all ten sessions (this is a closed group, no drop-ins)

**Facilitated by:** Nicole Perry, MA, Provisionally Registered Psychologist, 1018p

**Contact:** [nicoleperry@asafelacetogrow.ca](mailto:nicoleperry@asafelacetogrow.ca) or 780-468-1366 x155

\* Clients are responsible for payment of all ten sessions. No refunds after February 8<sup>th</sup>, 2011.