



Boundaries and Healthy Relationships Group

Understanding boundaries, ourselves, and what makes a healthy relationship

Boundaries and Healthy Relationships Group

Strong relationships take effort and work through nurture, care, and good communication. Effective personal boundaries are essential to maintaining healthy relationships. This group looks into understanding what boundaries are, how to take responsibility in relationships, and how to build skills to create healthier relationships.

Group Details:

Who: For adults 18 and older interested in understanding

boundaries and creating healthier relationships

When: Sunday Afternoons 3:00 - 4:30 p.m.,

Runs Oct. 13 - Nov. 17

Where: Jones Family Counseling Center, PLLC

123 Centerpark Drive, Knoxville, TN 37922

Cost: \$60 (\$10 per session & includes resources)

Led by Josh Lund, M.A. and Lauren Lay, B.S.

Hosted by

Jones Family Counseling Center, PLLC

Topics to be explored include:

- What are boundaries?
- What are the components of a healthy relationship?
- Why do I feel guilty saying no?
- What do limits look like at work?
- What if someone else does not like my boundaries?
- How do boundaries differ at work, at home, and with friends?

Sessions will take place in a safe and therapeutic space where you can learn more about yourself and healthy relationships with caring and nonjudgmental professionals.

(865) 392-5225

Call to join or for more information visit

www.jonesfamilycounseling.com !

