



**Setting and Communicating Healthy Boundaries:** There will be two 30-minute workshops focusing on how to set and maintain healthy boundaries in various settings including in relationships, with family, at school, and at work. After defining what boundaries are and why they are important, we will discuss some of the obstacles that often make boundaries difficult to set. Suggestions for overcoming these obstacles and how to set healthy boundaries will be provided. There will be time for questions and discussion at the end of the workshop.

**Wednesday, October 28th from 12:30 - 1:00 pm**

**Wednesday, November 11th from 12:30 - 1:00 pm**

**To join visit: <https://tinyurl.com/DePaulUCS>**



**DEPAUL UNIVERSITY**

**DIVISION OF STUDENT AFFAIRS**

*University Counseling Services*