



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, February 24th from 12:30 - 1:00 pm

Wednesday, March 10th from 12:30 - 1:00 pm

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



DEPAUL UNIVERSITY

DIVISION OF STUDENT AFFAIRS

University Counseling Services