MY NAME IS NO!

- Do you have difficulty saying no due to fear of rejection or abandonment?
- Do you always put yourself at the bottom of your to-do list?
- Do you let your friends and family force you into going along with their decisions?

In this four week process group we will explore how to identify, communicate, and maintain healthy boundaries because boundaries are for everyone!

**WEDNESDAYS**

**3PM**

**FURMAN UNIVERSITY COUNSELING CENTER**

**CALL 864-294-3031 FOR MORE INFO**