

Boundaries

When to say Yes, when to say No to Take control of your life.

Do you..

- .. fear hurting other's feelings with your "no"?
- .. fear other's anger from your 'no'?
- .. consider saying 'no' bad or selfish? Do you fear being perceived as such?
- .. have trouble recognizing your own needs? Think you shouldn't have them?
- .. have trouble asking for help?
- .. have trouble letting others in?

Now think...what if you could....

- ..say no without fear or guilt?*
- ..feel closer to those around you?*
- ..make choices for your life without worrying so much about what other people think?*

Come join us for an **8 week, one hour** introductory journey through the highly acclaimed material by Christian authors and psychologists Cloud and Townsend to learn what boundaries are and aren't, how we develop and keep them, the challenges we'll face in doing so, and the tremendous blessings we will both receive and give to those around us by living a well-boundaried life!

S **STENZEL**
CLINICAL SERVICES, LTD.

Stenzel Clinical Services is a private counseling practice in Wheaton, IL. We have 16 therapists on staff, each with their own areas of expertise. Our goal is to help individuals and families live their lives well.

When: Weeks of April 4-May 23. Morning and evening sessions to be offered.

Where: Stenzel Clinical Services, 1616 E. Roosevelt Rd, #8, Wheaton

Cost: \$165 (book required as separate purchase)

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