

# KNOW BOUNDARIES SKILLS GROUP




## HERE'S WHY THIS GROUP MIGHT BE FOR YOU:

- Are you feeling overwhelmed, burned out, resentful?
- Are you AVOIDING texts, emails, interactions with others?
- Do you feel like you put more time into your friendships than your friends do?
- Do you daydream about dropping everything?

**Boundaries are the guideposts for how we manage our time, how we treat ourselves and others. They let others know how to treat us.**

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**Session 1: Thursdays 2:30 – 4:00 pm, starting Sept. 12**  
**Session 2: Wednesdays 2:30 – 4:00 pm, starting Oct. 23**

 **WashU** | Center for Counseling & Psychological Services

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