

LET US HELP

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YOUR MEMBER ASSISTANCE PROGRAM

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

ONLINE SEMINAR

In this session, we will explore what boundaries are, what they aren't, how to set them, and the benefits of having them. We will help you learn how to practice setting and adhering to your boundaries.



**Set Boundaries and Boost Your Wellbeing**

**MARCH 2023**