



Wyomissing Families

join our next Mental Health Series

Establishing Healthy Boundaries

Have you ever been in a situation where you didn't know the right boundary to create for your child?

Course Created by:

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In this session, learn how to set healthy boundaries with your children that will help them thrive.

Session topics include:

- Know the goal-Understanding your ultimate parenting goal
- Walk the walk-How to empower ourselves with our own boundaries to better help our children
- Talk the talk-How to use our words in a way that will help our children to get to their goal.
- Pull the plug-How to identify when you need to work on yourself first before you can help your child



March 20, 2024

6:30-7:30 PM
via Zoom

Register Here

[http://cookcenter.info/
Mar20Wyomissing](http://cookcenter.info/Mar20Wyomissing)

