



Attention: Union County 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:

Jenna Riemersma, LPC, EMDR, CSAT, CMAT, IFS

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



December 13, 2023

6:30–7:30 PM
via Zoom



Register Here

<http://cookcenter.info/Dec13MHRB>



mental health &
recovery board
UNION COUNTY



ADVANCING WELLNESS AND RESILIENCY IN EDUCATION