

Healthy Relationships & Boundaries Group

Starts: January 24, 2023

When: Tuesdays, 3:00 - 4:00 p.m.

Length: 12 weeks

Location: Virtual or Reach for Resources Office

Register By: January 6, 2023

This is a 12-week group designed for people who want to learn and enhance the skills needed for healthy boundaries and relationships. These skills can apply to all styles/types of relationships. **This group is open to individuals with and without disabilities.**

For more information or to register:

counseling@reachforresources.org

(p) 952-737-2723



Who is Reach for Resources?

Reach for Resources is a nonprofit that empowers people of all-abilities to reach their full potential. This is done by providing individualized services that maximize independence, boosts community engagement and improves physical and emotional well-being. Reach supports individuals throughout the Twin Cities and surrounding suburbs and offers a variety of different service areas including: Adaptive Recreation, In-Home Supports, Inclusion, Employment Supports, Case Management, Counseling, Housing Stabilization Services and Mental Health Services. To learn more, visit: reachforresources.org.