



WHEN TO SAY YES
HOW TO SAY NO
TO TAKE CONTROL OF YOUR LIFE

WHAT: 8-week course

To learn how to create healthy boundaries and apply them
in different aspects of your life

WHEN: To be announced

WHERE: 37 Robinson St. Simcoe

WHO: Dads and / or Moms (with children 0-12 years old)

Norfolk & **Family**
Pregnancy **Resource Centre**

For more information or to register:

Call 519-428-2177 | Email info@norfolkpc.org | www.norfolkpc.org