



Building Healthy Boundaries

Boundaries provide healthy guidelines for navigating relationships. Even though personal boundaries can be challenging to navigate, setting and communicating them is essential to our health and well-being.

Whether you want to set clearer guidelines with your family or assert your space when it comes to strangers, here's how to get started.

Safe Haven

203 Bridge Street
Arroyo Grande CA
805-489-9659

MONDAYS

12:45-2:00PM

hlawson@t-mha.org



WELLNESS • RECOVERY • RESILIENCE