

Assertiveness and Boundaries Workshop

Thursday 14th September, 2 - 4pm

Wilson Wellbeing Centre, Wilson Hospital,
Mitcham, CR4 4TP

Open to people aged 18+ who live,
work or study in Merton borough.

A workshop to help explore
ways to be assertive and
maintain boundaries.


These skills will help you to
live independently with
choice and control.

This workshop is run
by psychotherapist
Nalini Persaud



Free

Limited spaces. Please book in advance.

 For more information and to sign up, email
counselling@wimbledonguild.co.uk or call 020 8946 0735.