

# BOUNDARIES GROUP FOR ADULTS

The Boundaries group is for adults who wish to learn more about and implement healthy boundaries in all types of settings.

Sessions focus on:

- Healthy vs unhealthy boundaries
- Personal vs professional boundaries
- How to set and maintain healthy boundaries and how to say no

Join at any time. This group is **10 sessions** long and each session is **two hours** in length.

The cost will be billed to your eligible insurance plan.

If you are a resident of Anoka County without insurance, a sliding scale fee payment plan is available.

\*We are currently offering this group for individuals with an SPMI Diagnosis.

**Facilitator: Jeff Hoffman, MA**

**For more information, call our intake line at 763-780-3036.**

10 WEEK  
COMMITMENT

STARTS SOON!

CALL NOW TO  
SIGN UP  
763-780-3036

LOCATION:  
BRIDGEVIEW  
7920 UNIVERSITY AVE NE,  
FRIDLEY, MN 55432

SLIDING FEE  
AVAILABLE



**Lee Carlson Center™**  
FOR MENTAL HEALTH & WELL-BEING

7954 University Avenue NE Fridley, MN 55432  
[www.leecarlsoncenter.org](http://www.leecarlsoncenter.org) | 763-780-3036