



GROUNDING MINDS

WELLNESS WORKSHOP SERIES



BOUNDARIES WITHOUT GUILT

Practical Tools for Healthy Relationships
& Emotional Well-Being



OPEN TO
THE COMMUNITY



SPACE IS
LIMITED

Tired of saying yes when you want to say no?
Ready to set boundaries without the guilt?

Join us for an interactive workshop designed to help you understand boundaries, communicate them with confidence, and build healthier, more respectful relationships.



WHO IS THIS FOR?

Adults looking to improve emotional wellness, set healthy boundaries, strengthen relationships, and create more balance in their lives.

No prior experience necessary.

WORKSHOP DETAILS



60
MINUTES



ADULTS
18+



LOCATION DETAILS
PROVIDED UPON
REGISTRATION

WHAT YOU'LL LEARN

- ✓ What healthy boundaries are and why they matter
- ✓ How to identify your limits and honor your needs
- ✓ Strategies for saying no with confidence
- ✓ Setting boundaries in relationships (family, friends, work & more)
- ✓ Overcoming guilt, people-pleasing and fear of conflict

INVESTMENT

\$45

EARLY BIRD
REGISTRATION



\$59

STANDARD
REGISTRATION



Email
info@groundedminds.org

Ground yourself, no matter the storm. ♥

A Grounded Minds Wellness Workshop

LEARN. GROW. CONNECT.

This workshop is educational in nature and is not therapy, counseling, or mental health treatment.

Participation does not establish a therapist-client relationship.

