

SET BOUNDARIES SAY IT. MEAN IT. KEEP IT.

A 6-WEEK GROUP FOR WOMEN.

“DISCOVERING HOW TO LIVE IN PEACE”



GROUP DETAILS

24 JUNE 2025

START FROM 6:00 PM-7:15 PM
AT 9520 W PALM LANE #240 PHOENIX
AZ 85037

“Tonya Whitaker, LCSW
Brings 25+ years of
experience helping women
learn how to say no without
guilt..”



WHAT TO EXPECT

- REAL TALK AND SUPPORT FROM OTHER WOMEN
- LEARN TOOLS YOU SPEAK UP WITHOUT GUILT
- GUIDANCE ON HOW BOUNDARIES PROTECT MENTAL, PHYSICAL, AND EMOTIONAL WELL-BEING
- GROW IN CONFIDENCE AND SELF-RESPECT

\$50 PER SESSION
\$275 IF PAID IN FULL BY JUNE 24
ONLY 10 SPOTS AVAILABLE

MORE INFORMATION CALL
623-289-1654

OUR WEBSITE
WWW.BRIDGESERVICESAZ.COM

OUR EMAIL
INFO@BRIDGECONSULTING
SERVICESAZ.COM