



# Boundaries & Assertiveness

**Tuesday 13th May 2025**

**9.30am - 12.30pm**

**Bromborough Family Hub**

**max 12 people per session**

- What are boundaries? - Types of Boundaries.
- Why are boundaries important?
- What stops you from implementing and enforcing them?
- What is assertiveness? - assertive personalities.
- What barriers are there to being assertive?
- What are the benefits of being assertive?
- Personal focus.



Sign up here  
for this  
session and  
we will be in  
touch to  
confirm your  
place.

**for parent carers of  
children with additional  
health or care needs**

