

Authentic Assertiveness in Relationships
6 week Process Group

Find yourself saying yes when you really mean no? Renee will guide you in this 6 week process group to help you achieve authentic assertiveness in your relationships. Be who you are and say what you want! We will explore the personal and relational benefits of assertiveness, share our experiences in a safe environment, uncover the patterns of passivity, and create a plan to finally be comfortable in asking for what you need.

Cost: \$20 per session

Date & Time: Saturdays 10:30am - 12:00 beginning October 15th – November 18th

Location: Family Consultation Services Suite #315 Camino del Rio South

For registration please contact Renee at Renee@FCSsandiego.com or (619) 994-9553