



Belleville and Quinte West
Community
Health Centre



Assertiveness for Women



Do you have trouble saying “No”?

Do you have difficulty setting boundaries?

Join this 6-week group program to learn effective ways to communicate assertively.

WHEN: Tuesdays from 10:00 am - 12:00 pm

March 6, 13, 20, 27, April 3, 10, 2018

WHERE: 161 Bridge Street West, Belleville

Free & Open to Everyone! You do not need to be a client of the Community Health Centre to attend.

**For more information, call the
Program Secretary at 613-962-0000 ext. 233**