

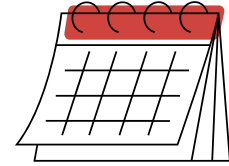


WEST CHESTER
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Success and Less Stress with **Boundary Setting**



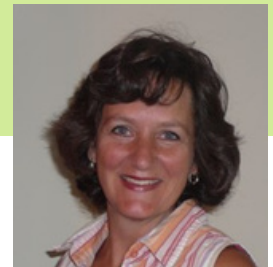
Wednesday
Sept. 27, 2023
6:30pm

For you, your kids and whole family mental health, BOUNDARY SETTING is a critical piece of the parenting puzzle. Join us to learn more about:

- the connection between boundaries and mental health
- boundaries across the lifespan
- why saying "no" is so hard
- how your parenting style impacts boundary setting in your home

ABOUT THE PRESENTER: Loretta Cohen, MSW and prevention professional, consistently delivers engaging presentations **ideal for parents with kids of any age.**

A firm believer in the power of prevention, Ms. Cohen shares best practices on a variety of sought after topics. Each session offers guidance for those who seek to support youth to live substance-free, violence-free and emotionally healthy lives.



Register today at
wcctc.org/meet

For more information, contact:
mobilizer@wcctc.org 484-401-9226

Speaker Series Partner

