Prosumers of San Antonio Monthly Meeting
A Wellness and Recovery Empowerment Group

Friday May 15, 2020
1:00 - 3:00 pm
Virtual Meeting

Join Zoom Meeting
https://zoom.us/j/710539663
Meeting ID: 710-539-663

And/Or
Phone     1-346-248-7799
Meeting ID: 710-539-663

Everyone is welcome to attend!!

Boundaries

Where do you end and someone else begin? This point is the boundary. This point can be flexible and permeable depending on the person. Sometimes, when we don’t know where our boundaries are, we may feel like our space gets invaded. In this session, we will learn what boundaries are and how we can navigate them for our own wellbeing. Come join us!!

RSVP online www.ProsumersInternational.org
A consumer led, consumer developed program that has you focus on wellness and recovery.
Questions? Call Prosumers San Antonio at 1-800-577-3795 x 804 or email ProsumersSanAntonio@ProsumersInternational.org