

# Anger, Boundaries and Communication



This is an educational, skill-building group open to those who identify as women\* (including cis, trans, two-spirit, and non-binary) that have experienced childhood trauma, sexual assault, and/or intimate partner violence. It includes the following topics:

- Recognize & apply boundaries.
- Work with anger.
- Increase communication skills.

**April 22 – June 17, 2024 (no group on May 20)**

**Mondays 1 pm – 3 pm | Cost: \$50**

**Sources Women's Place, 15318-20<sup>th</sup> Avenue, Surrey, BC**



**Facilitated by:** Margaret Plourde, M.C., RCC

Please contact Margaret Plourde

for more information or to set up an intake meeting:

**Email:** [mplourde@sourcesbc.ca](mailto:mplourde@sourcesbc.ca) | **Phone:** 604-262-6199

Our services are open to people of all marginalized genders including women cis, trans, Two-Spirit, and non-binary people



**SOURCES**  
TRAUMA COUNSELLING  
PROGRAM