

[Envision Offering Assertiveness Workshops](#)

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Learning how to be assertive and set your boundaries.

That is the focus of a 6 week workshop being offered by the Envision Counselling and Support Centre.

According to Executive Director Christa Daku "the main thing that people will take away from the workshops is areas to improve within your relationships. So learning how to speak about our feelings and setting boundaries with other individuals so we can look after ourselves so we can be caring at the same time."

She added they are open to anyone over the age of 18, whether you are single or married, young or more mature, there is something to be learned for anyone who interacts with others.

The workshops will be offered on Tuesday nights at the Envision office from 6:15 to 8pm and are free.

You must register in advance and Daku added to do it soon as they fill up quickly.

For more information you can call 306-842-8821 or check out their [website](#).