



# **ASSERTiveness**

## **Skills Group**

**Thursdays from 5:30 p.m. to 7 p.m. weekly**  
**SIU Carbondale Clinical Center – Wham 141**

**This group offers help with:**

- **Boundary setting.**
- **Relationship patterns.**
- **Communication styles.**

Contact Amber Drake at [amber.drake@siu.edu](mailto:amber.drake@siu.edu), or you can call the Clinical Center at 618/453-2361 for more information.

Individuals with disabilities are welcomed. Call 618/453-5738 to request accommodations.