



Do you sometimes have trouble saying no to people?

Then we invite you to a workshop where you will learn why it is sometimes best to say no and how to say it with respect and caring for the other person. You will learn about your personal boundaries and why they are important.

Date: July 4th 2019

Time: 6:30pm – 8:30pm

**Location: City Center Library
10350 University Drive, Surrey.**

If interested, please RSVP: Info@barka.ca or Phone: 604-910-5974