

Healthy Boundaries

Fridays 10:00 A.M.-11:00 A.M.

This peer support group will discuss the benefits of having healthy boundaries and explore strategies in establishing healthy boundaries in recovery and maintaining wellness.



Zephyr Self-Help Center
1075 E. Santa Clara St.
(Back of Building)
San Jose, CA 95116
(408) 792-2140
www.sccbhsd.org/zephyr



COUNTY OF SANTA CLARA
Behavioral Health Services

Supporting Wellness and Recovery