



WHEN & WHERE:

- 📅 NOVEMBER 12
- 🕒 7:00 - 8:30 PM
- 📍 THE ROSE ROOM
BRENNAN 509

AM I BEING CLEAR?

DR. LORI BEDNARCHIK

WHAT TO EXPECT:

- Identify qualities of healthy relationships
- Explore boundaries across different areas
- Reflect on personal values and needs



BOUNDARIES = CONFIDENCE + CLARITY

- Boundaries in dating, friendships & digital spaces
- Defining your values & non-negotiables
- Communication skills to speak clearly
- Strategies when boundaries are challenged

JOIN THE JKWC AS WE
LEARN HOW TO SET
BOUNDARIES

LIGHT REFRESHMENTS
SERVED

WALK AWAY READY TO
BUILD RELATIONSHIPS
BASED ON TRUST,
RESPECT, AND OPEN
COMMUNICATION.

THE UNIVERSITY OF
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Cultural Centers
Jane Kopas Women's Center