



Better Boundaries Group

Is a friend or family member struggling with substance abuse or other addictive behavior? You're not alone! Better Boundaries is a safe, supportive and confidential space to talk, connect with others, and learn. This group is counselor-lead and focuses on understanding addiction and its impact on loved ones, developing healthy boundaries and coping strategies, and supporting one another.

Fridays from 11 AM - 12:30 PM (in Person)

Counseling and Psychological Center

610-436-2301

https://www.wcupa.edu/_services/counselingCenter