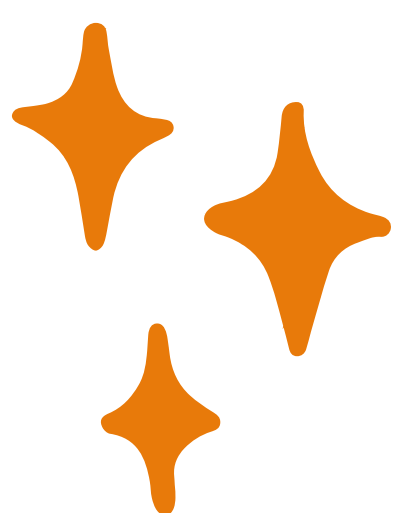




# ME IN MY FAMILY

## BOUNDARIES AND CONNECTIONS

Have you ever felt like you are caught between wanting to be yourself but also wanting to maintain the peace amongst your family members? Join us for 6-week group sessions to explore how to find that balance. The group sessions will focus on understanding your emotions, roles and rules in your family, and ways to set healthy boundaries. It is a safe space to explore your unique family dynamics in a supportive group as we learn together in navigating our journeys.



### ELIGIBILITY:

- FULL-TIME NUS UNDERGRADUATE STUDENTS
- PROFICIENT IN ENGLISH
- FULL ATTENDANCE FOR ALL 6 SESSIONS
- STAY WITH/MEET FAMILY MEMBERS IN PERSON AT LEAST ONCE A MONTH

### THE GROUP SESSIONS WILL LOOK INTO:

1

Understanding how unspoken roles and rules maintain your family systems and dynamics.

2

Identifying naturally occurring Triangulations within your family and ways to navigate that.

3

Noticing the patterns of emotions in your family and learning to take a step back in order to respond to these emotions in a healthy manner.

4

Learning the importance of healthy boundaries and your own needs, and ways to establish and express your boundaries. With better boundaries, you can build healthier connections and relationships with your family!

5

To acknowledge, explore, and support each other in the difficulties in navigating family dynamics, even as you are equipped with these new skills of Being Yourself in Your Family!

DATES: THURSDAYS, 2PM-4.30PM  
4 SEP, 11 SEP, 18 SEP, 25 SEP, 2 OCT, 9 OCT

[CLICK HERE TO INDICATE  
YOUR INTEREST](#)

Sign up through UCS Registration form → Pre-Session Screening for short-listed registrants → Sessions start

