



ASSERTION TRAINING GROUP

**Do you know how to be aggressive?
Do you know how to be passive?
What about something in between?**

Learn better ways to deal with:

Criticism

Disagreements

Saying Yes, Saying No

Anger

Getting your point across

Fear of hurting others' feelings

Asking for what you need

And much more....

**The group meets for six weeks from 7:00 to 8:30 pm on
Wednesdays, beginning**

OCTOBER 10 to NOVEMBER 14

Alpha Psychological Services

41820 Six Mile Road, #104, Northville, Michigan 48168

See website for directions: alphapsych.com

Directed by Dr. Mary Clark

Call 248-349-3131 (M-Th, 1-8PM) to check insurance benefits, costs and to sign up. Maximum of 7 people per group (open to individuals and couples).