

*Do You Feel Guilty Or Anxious When You Say "No"?
And Resentful When You Say "Yes"?*

HOW TO SAY "NO" BY FINDING THE HIDDEN "YES"

*An Experiential Workshop
For Self Esteem & Healthy Relationships*

Saturday, Nov 3, 12-3 pm Raintree (Near Overland & Jefferson) Culver City
\$47 if Registered by 10/31; \$67 After Reservations Required/Seating Limited

What You Will Receive In This Workshop:

- ▲ 3 Specific Guidelines To Prevent Negative Reactions
- ▲ 4 Time-proven Methods of Communicating Your Limits in Ways That *Enhance* Your Relationships
- ▲ 2 Complimentary Tools:
Self-Assessment Quiz
Workshop Workbook



Facilitator: Dr. Jane Bolton, Psy.D., LMFT. #34888

Psychotherapist Dr. Jane Bolton has been leading workshops for over 25 years. She has led popular workshops for the Los Angeles County Public Social Services Department and the Downey Community Hospital. In the words of *The Hollywood Acting Coaches and Teachers Directory*, her workshops are "excellent," her teaching programs are "well-known," she has been "respected for many years," and she has "preeminence in the industry."

In her Culver City private practice, Dr. Jane works with individuals, couples, and groups. She has expertise in working with issues of self-esteem, depression, anxiety, assertiveness, self-expression, communication, and creativity.

For information, Call 310.838.6363 or visit www.Janebolton.com