

Boundaries and Assertiveness Group for Women

A pitcher that has run dry cannot fill a cup.

Women are commonly taught that their role is to attend to others, often at the expense of themselves. For those women who adhere to this expectation, the result can be **anxiety, depression, anger, hopelessness, and difficulty in relationships**, among other problems.

Caring for others requires that the one providing the care is well and replenished. If you are experiencing any of the above problems because of your inability to manage the demands of others, this group may be for you.



Address anxiety, depression, and other problems that stem from difficulty managing relationships and being assertive. The group will provide information and skills as well as time to practice in order to create behavioral and emotional change.

Where: South Shore Medical Center, 5 Tarkiln Rd., Kingston

When: Friday morning, 10:15 – 11:30 a.m.

How long: 12 weeks

Start date: To be determined

This group may be covered by your health insurance. Please contact Dr. Mohr at (781) 681-1389 for further information.



Emily Mohr, Ph.D., is a licensed psychologist and health service provider. She earned her doctoral degree in Counseling Psychology from the University of Utah. Dr. Mohr's first postdoctoral fellowship was at the River Centre Clinic, an eating disorder treatment facility. After 6 years of postgraduate independent practice, she elected to pursue a second postdoctoral fellowship at the Edith Nourse Rogers Memorial Veterans Hospital in order to respecialize in Integrated Primary Care Health Psychology.