

Healthy Boundaries Group



This peer support group will discuss the benefits of having healthy boundaries and explore strategies in establishing healthy boundaries in recovery and maintaining wellness.

Zephyr Self-Help Center
1075 E. Santa Clara Street
San José, CA 95116
1 408-792-2140
www.sccbhsd.org/zephyr

Tuesdays
11:00 a.m. – 12:00 p.m.



COUNTY OF SANTA CLARA
Behavioral Health Services
Supporting Wellness and Recovery