



# **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 is six weeks from 7:30 to 9:00 pm on Mondays,  
beginning**

**September 19 to October 24**

**Alpha Psychological Services**

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

**See website for directions: [alphapsych.com](http://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 (individuals and couples).**