

Setting Healthy Boundaries

In order to experience satisfying connections with other people – whether familial, work colleagues or love relationships – we need to set healthy boundaries.

This seminar looks at the difference between healthy and unhealthy boundaries and explores skills that help with good boundary setting.

By end of seminar, participants will have:

- Explored what constitutes boundaries and learned difference between healthy and unhealthy boundaries
- Looked at levels of personal boundaries and explored elements that contributed to same
- Verbalised personal goals and objectives of change
- Learned skills to help in setting healthy boundaries

JOONDALUP

Lotteries House, 7/70 Davidson Tce

Wednesday

23 November 2016

Time: 6.30-9.00pm

Fee: \$30 per person

Places are limited so please phone 6164 0200 to enrol