

Setting Healthy Boundaries

Do you... sometimes feel that others take advantage of you?

Are you... interested in gaining useful tips to help strengthen your boundaries?

If so... this evening hour workshop is for you!

We at Relationships Australia recognise that in order to experience satisfying connections with other people – whether familial, work colleagues or love relationships – we need to set healthy boundaries. This workshop looks at the difference between healthy and unhealthy boundaries and explores skills that help with good boundary setting.

By the end of the session, participants will have:

- explored what constitutes boundaries and learned the difference between healthy and unhealthy boundaries
- looked at levels of personal boundaries and explored elements that contributed to them
- verbalised personal goals and objectives of change
- learned skills to help in setting healthy boundaries.

When: Thursday 3 June 2021

Where: Bunbury Family Relationship Centre
Corner Molloy and Symmons Streets Bunbury
Access from Symmons Street side of the building

Time: 6pm-8.30pm

Fee: \$30pp



*It would be
great to
see you*

Places are limited. Bookings Essential.

Please contact (08) 6164 0566 or email Bunbury.Education@relationshipsaustralia.org.au to register today!

Relationships Australia.