

# Setting Healthy Boundaries

## West Leederville



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

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

By end of session, we will aim to have:

- Explored what constitutes boundaries and learned difference between healthy and unhealthy boundaries
- Looked at levels of personal boundaries and identified areas of desired change
- Verbalised personal goals and objectives of change
- Learned skills to help in setting healthy boundaries

**When:** Thursday 25 May 2023

**Time:** 6.30pm – 9.00pm

**Where:** WEST LEEDERVILLE – Level 1, 22 Southport St

**Cost:** \$30 per person



For information about our courses and workshops please call 6164 0200 or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)

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