

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 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 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

Where: Online - Zoom
When: Wednesday 10 March 2021
Time: 6.30pm - 9.00pm AWST
Cost: \$30 per person

Online sessions are interactive and have minimum requirements including:

- Computer/Laptop/Tablet with active webcam and microphone
- Private space to attend
- Pre-registration and payment required prior to course

Bookings are required. Please phone (08) 6164 0200 to enrol.

For more information about our courses and workshops, please click [here](#) or visit www.relationshipswa.org.au