

# 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:** WEST LEEDERVILLE - Level 1, 22 Southport Street

**When:** Tuesday 20 April 2021

OR

**Where:** ONLINE - Zoom session

**When:** Thursday 10 June 2021

**Time:** 6.30pm - 9.00pm AWST

**Cost:** \$30 per person

**Bookings are required. Please phone 6164 0200 to enrol.**

Please note **Online** sessions are interactive and to attend the minimum requirement will be a Computer/Laptop/Tablet with active webcam and microphone.

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