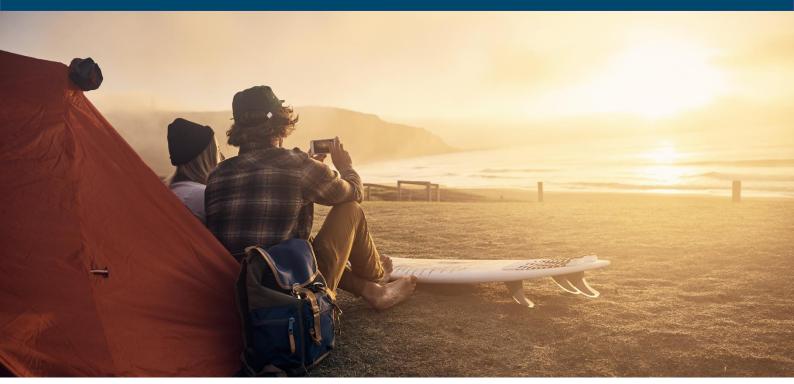
## Setting Healthy Boundaries Bunbury



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: Wednesday 30<sup>th</sup> November 2022

**Time**: 6pm – 8.30pm

Where: BUNBURY FAMILY RELATIONSHIP CENTRE

Corner Molloy and Symmons Streets, Bunbury Access from Symmons Street side of the building

Cost: \$30 per person

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For information about our courses and workshops please call 6164 O566 or visit www.relationshipswa.org.au