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.

Topics discussed in the workshop:

- Explored what constitutes boundaries and learned difference between healthy and unhealthy boundaries
- Looked at types of personal boundaries and barriers to setting boundaries
- Skills to help in setting healthy boundaries

When: Tuesday 8 December 2026

Time: 6.30pm – 9.00pm

Where: WEST LEEDERVILLE – Level 1, 22 Southport St

Cost: $30 per person / $15 concession

For information about our courses and workshops please call 6164 0200 or visit www.relationshipswa.org.au

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