



What are healthy

BOUNDARIES?

*Envision Counselling and Support Centre and Expressway Family Centre are teaming up to offer a **Lunch N' Learn** in Oxbow.*

This session teaches participants what healthy boundaries are and how to set and maintain them in relationships.

Wednesday, October 24, 2018



Location: Expressway Family Centre, OPHS
(use North doors.)

Time: 12:00pm - 1:00pm (Bring your lunch.)

Childcare available.

We acknowledge the financial support of:



**Community
Initiatives Fund**



P: 306-485-8071

www.expresswayfamilycentre.com



P: 306-483-5555

www.envisioncounsellingcentre.com