

What are healthy boundaries?

Join our **Boundaries** workshop
on Wednesday, October 10, 2018

Understanding your boundaries is important for establishing your identity
and maintaining a sense of well-being.

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

6:15PM - 8:30PM

Available in **Weyburn** to those 18 years and older.
Please call the office to pre-register.



Weyburn Office

P: 306-842-8821

info@envisioncounsellingcentre.com

www.envisioncounsellingcentre.com



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