

*The Registrar
Boundaries Course
P O Box 5077
WHANGAREI*

Whangarei Anglican Care Trust

1 Mill Rd, Regent
P O Box 5077
Whangarei 0140

Phone: 09 437 6397
Fax: 09 437 6304
Email: enquiry@whgcare.org.nz
Web: www.whgcare.org.nz

May 2018

BOUNDARIES

When to say Yes

How to say No
To take control of your
life

ANGLICAN CARE
CENTRE
TE WHARE ORANGA



About BOUNDARIES

The course is a DVD presentation featuring clinical psychologist, counsellors and award winning authors

**Dr Henry Cloud &
Dr John Townsend.**

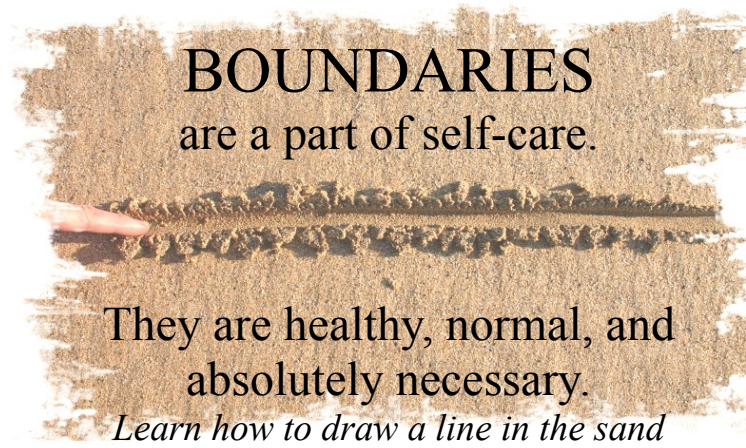
It is a Five Week course based on Christian principles and is led by trained counsellors where the DVD presentation is made and then a workshop type discussion follows.

Subjects covered are:

- Healthy Communication
- Solving Problems
- Working Through Conflict
- Establishing Personal Boundaries
- Emotional Well-Being
- Spiritual Wholeness

This course is suitable to a wide range of people—anyone who has to put boundaries into place in their lives whether it is in a professional or domestic setting.

Learn the secrets of cultivating the habit of setting and maintaining healthy boundaries that provide rich, productive relationships.



BOUNDARIES

are a part of self-care.

They are healthy, normal, and absolutely necessary.

Learn how to draw a line in the sand

Boundaries GROUPS

Ideally these groups are kept to around 10 to 12 participants. This enables effective communication by all and maintains group confidentiality.

DETAILS

Start: Saturday 28th July 2018

Finish: Saturday 25th August 2018

Time: 1.00pm—3.00pm

Meet at: **Anglican CARE Centre**
1 Mill Rd
Regent
WHANGAREI

Facilitated by Counsellors-
Sally Shepherd & Irene Cutforth

CLOSING DATE FOR APPLICATIONS
10th July 2018

Application Form

Name: _____

Address: _____

Phone: _____ After hours

_____ Business hrs

Email: _____

I would like to apply to take part in the

Boundaries Course

Date: Saturday 28th July to
Saturday 25th August

Time: 1.00 pm—3.00 pm

Cost: For the 5 weeks
(includes participant guide)
Cost = \$50.00

Direct Credit to: 12-3101-0075902-00

I recognise that, if accepted, I commit myself to attending the total programme. My acceptance into the course is subject to confirmation.

Signed:

Location: **Anglican CARE Centre**
1 Mill Rd
Regent
Whangarei
437 6397

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