
What is the Personal Boundaries Workshop?

The Personal Boundaries Workshop for Women was developed by the Elizabeth Fry Society to help women explore their feelings about personal boundaries. Addressing issues of weak or non-existent boundaries has been identified as an immediate need by the women in our community.

Many women have difficulty recognizing and acknowledging that their boundaries are being violated. The Personal Boundaries Workshop investigates these issues and provides coping tools and techniques that enable women to develop solid boundaries that can promote healthier, happier lifestyles..

The Personal Boundaries workshop is offered in a series of four workshops (all four sessions *must* be attended). These workshops are designed specifically for women and are conducted in a safe and supportive environment.

Registration fee: \$75.00

Please ask about our payment options

What will the Personal Boundaries program offer me?

The Personal Boundaries Workshop offers women the tools to identify and create appropriate, safe boundaries.. It provides a comprehensive overview of the kinds of boundary violations women encounter and discusses ways to strengthen 'blurred' boundaries.

If you are enrolled in the personal boundaries workshop, you will have the opportunity to discuss the issues surrounding these issues with other women who are experiencing similar concerns. We also present a series of exercises and discussions that help women discover how to appreciate and respect the power of strong personal boundaries.

The principal topics covered in the workshop include:

Identifying and understanding the need for personal boundaries

How our families influence our personal boundaries

Boundary development and personal responsibilities

How our boundaries (or lack of) determine our present and past relationships

When is the Personal Boundaries Program being held?

Workshops are offered on an ongoing basis. Please contact the Program Coordinator for details.

ALL FOUR SESSIONS MUST BE ATTENDED

Where is the Program being held?

**Elizabeth Fry Society
2352 Gottingen St.
Halifax, Nova Scotia
B3K 3B9**

FOR MORE INFORMATION AND TO REGISTER, PLEASE PHONE THE PROGRAM COORDINATOR

454-5041

Ext. 24

visit our website @

www.efrynovascotia.com

Support Us: As a non-profit organization, we need donations and community support. All donations are tax-deductible. Also you can have planned giving in your will.

Become a Volunteer: From our Management Team (board) to the One-to-One Program; volunteers are essential.

Help us to Educate Others: If you belong to a local organization or club, invite us to speak at your next meeting.

Take Out a Membership: You will receive newsletters and a vote at the annual general meeting.

Membership Application

Name

Address

Postal Code

Phone Number

Waged \$25____ Unwaged \$5____
Group \$50____ Corporate \$100____
Sustaining \$100____

* I do not wish to become a member, but would like to make a donation \$ _____

OUR MISSION STATEMENT:

Our Society continues to work with, and on behalf of, women in conflict with the law by:

Responding to needs of women in prison

Developing programs and services in the community for women who have been charged with offences and women at risk of coming into conflict with the law

Encouraging public awareness and understanding of issues related to women in conflict with the law

Lobbying for the improvement of conditions for women in local penal institutions

Lobbying for changes in the Criminal Justice System

**Elizabeth Fry Society
Mainland Nova Scotia
2352 Gottingen St.
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B3K 3B9**

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**THE ELIZABETH FRY SOCIETY
MAINLAND NOVA SCOTIA**

PERSONAL BOUNDARIES

Fences or Freedom?



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Halifax, Nova Scotia
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Visit our Website @
www.efrynovascotia.com