

Personal Boundaries Workshop

Come along to this workshop and explore what healthy boundaries are and find out the difference between clear and fuzzy boundaries. Learn strategies to reduce your stress levels and improve your relationships



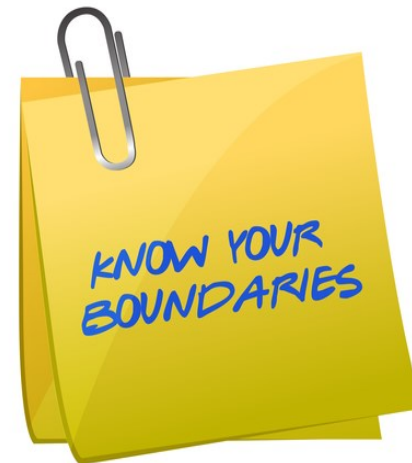
The Place Community Centre
Cnr Frederick & Pearson St's,
Charlestown
(enter via Frederick St)

Tuesday 3rd September
9.45am (10.00am start) to 1.00pm
Cost \$10. Morning tea provided

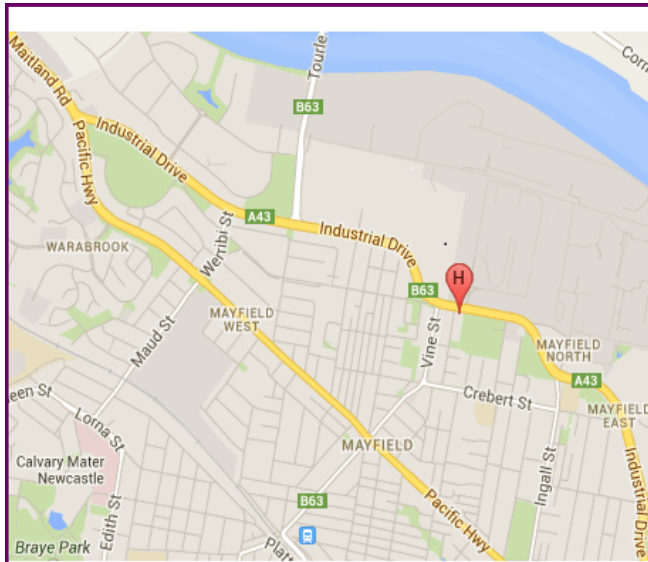
**Register by phoning Hunter Women's
Centre**

4968 2511

Preference given to those who have not attended this workshop before



Funded by
Hunter New England Local Health District



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Public Transport

Buses from Hamilton Train Station

- 47 Norfolk Ave after Robert St (alight Barton/Bull St Mayfield)
- 11 Maitland Rd before Beaumont St (alight Maitland Rd, before Hanbury St Mayfield)
- 24 Albert St opp Hawkins Oval (alight Industrial Dr Mayfield)

Nearest train station on the Hunter Line is
Waratah with a 20 minute walk to the Centre

Opening Hours

Monday to Thursday: 9am to 5pm
Friday: 9am to 3.30pm

60 Industrial Drive (Cnr Avon Street)
Mayfield NSW 2304
Phone: 02 4968 2511
admin@hwc.org.au