

Using Boundaries in Relationships Workshop

**Explore how to use assertive boundaries in
your relationships
for less confusion, improved communication
and personal empowerment**



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

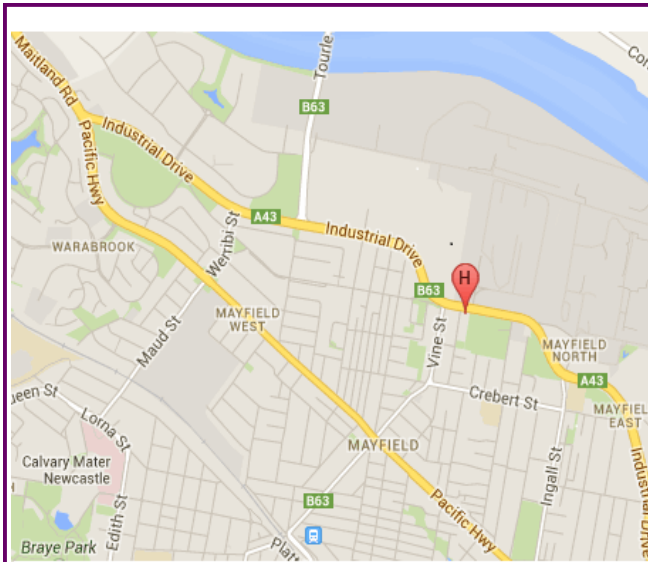
**Tuesday 10th September
9.45am (10.00am start) to 1.00pm
Cost \$10. Morning tea provided**

**Register by phoning Hunter Women's Centre
4968 2511**

Preference given to those who have not attended this workshop before



Hunter Women's Centre is 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