

# ***Using Boundaries in Relationships Workshop***

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

**Hunter Women's Centre Mayfield**

**Tuesday 28 May**

**9.45am (10.00am start) to 1.00pm**

**Cost \$10**

**Morning tea provided**

**Phone 4968 2511 to register**

*Preference given to those who have not attended this workshop before*



Hunter Women's Centre is funded by  
Hunter New England Local Health District