

Can you say NO – and have it be respected?
Do other people hurt your feelings or make you angry?
As a child, were you allowed to express your thoughts and feelings?
Do you worry about hurting other people's feelings or making them
upset, if you speak your truth?

Join us in
"Creating Healthy Boundaries"
A One-Day Experiential Workshop

- Heal childhood boundary wounds
- Learn specific tools to handle communication and relationship difficulties
- Establish physical, sexual, and emotional boundaries that work for you
- Learn to stop your own inner negative and self-critical voices

FACILITATOR: Daniel Lesny, MA, Licensed Marriage and Family Therapist. Trained by the John Bradshaw Center, Daniel has been helping people develop healthy boundaries and loving relationships for over 25 years.

Saturday

February 18, 2012

10AM - 4:30PM



Berkeley

Cost: \$95

Limited Enrollment

Counseling With Heart - Producing Results That Work

**If you don't have good boundaries, you can't feel safe.
If you don't feel safe, you can't be intimate.
Spend the day with us in a refreshing experience
of new learning and inspiration.**

Call (510) 527-2100 to Register Now!

www.creativegrowth.com

e-mail: info@creativegrowth.com

5 hours of Continuing Education credit for MFT's, LCSW's, and Registered Nurses included.
Refunds provided up to three days before the workshop.