

The Center for Christian Counseling, Consultation & Training, Inc.

Learning To Develop Healthy Boundaries

This therapeutic workshop, in a group setting, is designed to provide an understanding of what boundaries are, what boundaries are not and the God intended value of boundaries with practical ways to implement in your life and relationships.

This workshop will help you to:

- ◇ Define and Understand the Different Types of Boundaries
- ◇ Learn God's Plan for Boundaries and How Boundaries Develop
- ◇ Identify and Overcome Unhealthy Boundary Styles and Breakdowns
- ◇ Recognize and Address Boundary Issues and Boundary Injuries
- ◇ Overcome Common Roadblocks and Resistance to Boundaries
- ◇ Practice Setting Boundaries in Key Relationships of Your Life



About Justin:

Justin Bangert is a licensed marriage and family therapist with a deep passion for working with individuals and couples. He is devoted to helping others bring harmony and satisfaction into their lives and relationships, as well as deepen their intrapersonal and spiritual connections.



Registration Information:

Dates & Time: Thursday nights beginning June 5th through July 10th from 6:00-7:30 p.m.

Location: The Center for Christian Counseling, Consultation & Training, Inc.

Costs: \$65 per session, with the possibility of insurance coverage based on relevance of therapeutic treatment plans

The Center

for Christian Counseling, Consultation & Training, Inc.

www.christiancounselingmadison.com

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