

Good relationships depend on maintaining effective personal boundaries.

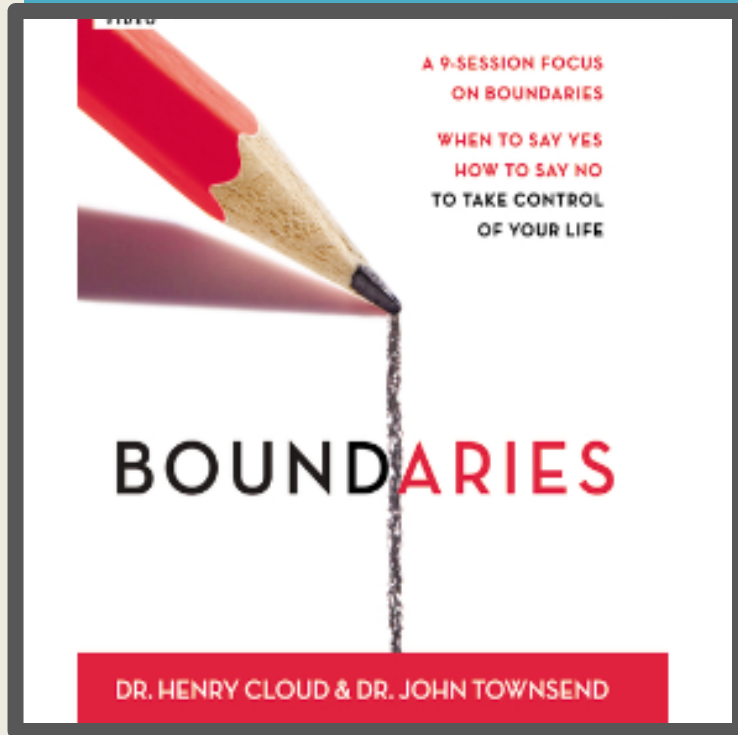
Do you know where to start?

Do you have trouble saying no?

Can you set limits and still be a loving person?

Are you in control of your life?

Do people take advantage of you?



9 sessions
Every Thursday
During Lunch

***Sponsored by the LRAFB Chapel**
Facilitator: Tiffany Clark



Get insights, exercises, and spirited group discussion that can profoundly improve the quality of your relationships in every sphere of life—marriage, family, friendships, church, and the workplace.

Boundaries Group Study Begins 21 Feb 2019 11:00 am to 12:30 pm

Building 272 in the embedded office conference room

Email tiffany.clark.22@us.af.mil to register or call 987-2697