

Emotional Wholeness

"Placing proper boundaries - An essential in healthy relationships"

Do you have difficulty setting proper boundaries in your life? Do you know what your boundaries are? We all desire to enjoy good relationships with our spouse, children, relatives, and friends. This workshop will help you begin to understand this complex, but essential subject. You will learn what proper boundaries are, how and when lines have been crossed, when they become unhealthy. We will also cover how to begin to reasonably, confidently and effectively strike a balance between permissiveness and severity in the setting of your personal limits. God can give the ability to maintain them, and enjoy healthy relationships with the people you love.

To have Mary-Alice come to your church please give us a call.

Available in our online shop;

Walking Through Grief with Understanding

Proper Boundries: Healthy Relationships