Better Boundaries for More Authentic Relating
*Women’s Psychodrama Life Skills Workshop*

Note the Date is **Saturday**
June 20 – 9:45 a.m. to 2:00 p.m.
LPTI Zoom Room

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*Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others* – Brene Brown.

A foundational skill for bringing greater **truth** and **compassion** into our relationships is learning to **set** and **maintain healthy boundaries**.

Join a group of psychologically-minded women interested in showing up with more presence and authenticity in their lives as we dive into this important topic.

**In this workshop, we explore questions such as:**
- How does attachment style affect my boundaries and relationships?
- What is the relationship between my “shadow side” and healthy boundaries?
- What are some practical steps I can take to establish or shore up personal boundaries?

The workshop is limited to **12**, so **please register early** to hold your place. Send an email to: *cathynugent@verizon.net* for a registration form and payment information.

**Investment: $75. Some partial scholarships are available; please inquire.**