

BOUNDARIES FOR IMPROVING RELATIONSHIPS

4-week program:
Mondays 10:30–noon
November 22, 29
December 6, 13

FOR INDIVIDUALS WHO WANT TO

- Have healthy relationships with their loved ones
- Show up as their genuine selves
- Build relationships that are mutually respectful and caring

PLEASE NOTE THIS GROUP IS OPEN TO PATIENTS OF CFFM, NEW VISION FAMILY HEALTH TEAM, KW 4, AND TWO RIVERS FAMILY HEALTH TEAM



TWO RIVERS™
Family Health Team
Shaping the Health of our Community Together

**TO REGISTER PLEASE GO TO
WWW.TWORIVERSFHT.CA
OUR SERVICES TAB
EVENTS/REGISTER**

OUR VIRTUAL WORKSHOPS ARE RUN USING ZOOM VIRTUAL PLATFORM. PARTICIPANTS MUST HAVE ACCESS TO A COMPUTER, TABLET OR SMART PHONE AND THE INTERNET TO PARTICIPATE.

Facilitated by Anna Wiebe, MSW, RSW