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"Is **THIS** the line you're telling me not to cross?"

*"Individuals set boundaries to feel safe, respected, and heard."*

By Pamela Cummins

# Personal Boundaries

## Are a way of caring for myself

Brought to you by:

**M**oving  
**O**n to  
**H**ealthy  
**R**elating

**MOHR** is all about:

- Self-discovery and exploration
- Improved self-esteem
- Self-empowerment
- Improved communications skills
- Breaking unhealthy relationship patterns
- Forming healthy relationships

**Personal Boundaries** is a 12-week workshop covering these topics:

### Sessions

### Topics

- |    |   |
|----|---|
| 1  | So What are Boundaries?                     |
| 2  | The Rules that are Bounds to Me! - Spoken   |
| 3  | The Rules that are Bounds to Me! - Unspoken |
| 4  | The Alpha and Omega of Boundaries           |
| 5  | Inies and Outties                           |
| 6  | Communicating my Boundaries, Part I         |
| 7  | Communicating my Boundaries, Part II        |
| 8  | What Do I Do When.....?                     |
| 9  | Don't Let The Little Devils Get You!!       |
| 10 | Communicating My Defenses.                  |
| 11 | How Do I Take A Stand?                      |
| 12 | My Interpersonal Rights                     |

**Facilitator:** Carrie Hansen, MA, MSW, LCSW-C

**Columbia** Location  
New Hope Lutheran Church  
8575 Guilford Road  
Columbia, MD 21046

Thursdays, 7:00 - 9:00 PM

**Crofton** Location  
Prince of Peace Presbyterian Church  
Fellowship Hall  
1657 Crofton Parkway  
Crofton, MD 21114

Mondays, 7:30 - 9:30 PM

**Registration and Assessment are required.**

**Space is limited. Please call soon.**

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