

# Creating Healthy Boundaries

## ADULTS



**Wednesday, January 15 2025**

**Time: 6:00pm—7:30pm**

**Location: Brighthouse Library**

**Registration Required**



Join us for a parenting session focusing on how to establish boundaries and then follow through with predictable expectations and consequences in order to shape behaviour. We will be talking about how to set boundaries, when to say "no," and how to address the big emotions which can often come up during the follow through of rules.

There will be time for questions and conversation throughout the evening.

Presented by Nicole Allen, Registered Clinical Counsellor,  
in partnership with Pathways Clubhouse

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