



CANADIAN MENTAL HEALTH ASSOCIATION

**recovery college**  
CALGARY

## Building Better Boundaries

Boundaries aren't just for maps! Building better boundaries involves learning how to set boundaries, talking to others about your boundaries, and showing others you respect their boundaries. This course will help you build better boundaries, so you can feel happier and healthier.

Date: **Mondays, January 20 - February 10, 2020**  
2 - 4 pm

Address: SouthWest Communities Resource Centre  
#42, 5280 - Southland Drive SW



**SouthWest Communities  
Resource Centre**



Canadian Mental  
Health Association  
Calgary  
*Mental health for all*

Call us at 403-238-9222 for more information  
and registration.

Please register online at [www.recoverycollegecalgary.ca](http://www.recoverycollegecalgary.ca)