



LOVE IN THE NAME OF CHRIST

NEW HOPE

LIFE SKILLS CLASSES

Winter Session — 2024

BOUNDARIES

When to say yes

How to say no

Healthy relationships and healthy living depend on maintaining effective personal boundaries. The New Hope Life Skills course titled Boundaries will be a 9 week course that explores how to take control of your life by learning when to say yes, and how to say no as well as accepting personal responsibility and ownership with situations and relationships.

Participants will gain insight into their past and current situations and relationships, and identify where codependency and/or patterns of behavior may have influenced their lives.

Incentives can be earned throughout the class to assist with everyday needs. This course is for anyone who would like to improve and grow their relationships!

Instructor:

Pastor Eric Hambrock

Dates: Wednesdays

1/24 - 3/20

6:00pm

Location:

Love INC

710 20th Avenue S

Wisconsin Rapids

If you have questions or would like to register:

Call 715.424.5683 by

January 16th

Transportation & Childcare provided with advanced notice