



Taddle Creek  
Family Health Team

# CREATING & SETTING PERSONAL BOUNDARIES MENTAL HEALTH WEBINAR



TUESDAY,  
OCTOBER 17, 2023  
6:00 PM - 7:30 PM

Register [HERE](#)

## SPEAKERS:

SARAH WASH



REGISTERED SOCIAL WORKER, MSW

KIM SEDORE



REGISTERED SOCIAL WORKER, MSW, MA

**The webinar is** an educational forum to help folks understand the importance of boundaries and learn how to set them in their day-to-day lives. If you have difficulty saying “no” or feel that you have too much on your plate, this webinar may be a good resource.

In the webinar, we will discuss healthy relationships, types and categories of boundaries, and signs we may need to set them. We will also provide communication tools and exercises that participants can use to set boundaries in their lives.

### Learning objectives for this webinar include:

1. Improved understanding of healthy relationships and types/categories of boundaries
2. Increased familiarity with signs that you may need to set boundaries
3. Opportunity to reflect and consider the importance of boundaries in your life
4. Introduction to tools, methods, and styles for setting and honouring boundaries

**We hope you will join us!**

TO REGISTER FOR THE WEBINARS, VISIT [TADDELCREEKFHT.CA/MENTAL-HEALTH-WEBINAR-2023](https://taddlecreekfht.ca/mental-health-webinar-2023)

**THE RECORDINGS, HANDOUTS AND OTHER MATERIALS WILL BE POSTED ON [TADDELCREEKFHT.CA/MENTAL-HEALTH-WEBINAR-2023](https://taddlecreekfht.ca/mental-health-webinar-2023).**

TADDLE CREEK FAMILY HEALTH TEAM / 790 BAY STREET, SUITE 306 / TORONTO ON M5G 1N8 / 416-260-1315