

FREE TRAINING PROGRAM

LEARNING HOW TO SET LIMITS.

COURSE CONTENT

Have you ever felt like Wylie Coyote running off a cliff or thought to yourself “how did I get here”? Then let us talk about limits. What are they, what does it mean to have them, why do we want them, how they are useful and why it can be hard to live by them? This workshop will help you define what your limits are and how to live by them and why you want to.

ABOUT THIS TRAINING

This mental health workshop will cover the importance of defining limits in your personal and professional life.



This Employment Ontario program is funded in part by the Government of Canada and the Government of Ontario.

PLACE AND DATE

This course is held ONLINE the week of April 17-21st, with 4-6 hours of coursework plus virtual attendance required Thursday, Apr 20th 9am-Noon. Links to be provided.

APPLY AT WWW.SET7.CA