

Boundaries: Support & Practice for Women

Monthly Group Therapy

Facilitated by Justin Bangert, MS, LMFT (www.christiancounselingjustinbangert.com)



This monthly therapeutic support and practice group is designed for women who want to focus on developing and maintaining healthy boundaries in their lives and relationships.

This confidential group will help clients to identify and transform boundary issues into boundary strengths, within the context of other Christians who are open to learning; supporting and growing from the power of the God intended boundaries in their lives.

Clients are welcome to join for a few sessions or many sessions, one per month, with each group

providing space to build fellowship, update on boundary progress, and identify key focus areas in all of our lives where healthy boundaries are so crucial.

Key monthly topics will include:

- Boundaries in Marriage
- Boundaries with Kids
- Boundaries with Family, Faith and Technology
- Boundaries at Work
- Boundaries at Church
- Boundaries with Yourself and God love others and yourself



WHEN:

Starting September 17, 2018. This group will meet the first and third Tuesday of each month from 6-8 pm.

WHERE:

The Center for Christian Counseling
5310 Wall St. Suite 500
Madison, WI 53718

COST:

\$90/group (2-hour group) with the possibility of insurance coverage based on relevance of therapeutic treatment plans.

CONTACT:

To sign-up or for more information, contact Justin Bangert at (608-274-8294), or go to our website at

www.christiancounselingmadison.com

Special Registration Information

Boundaries: Support and Practice for Women Monthly Therapy Group

Registration for this Monthly Group Therapy Program is ongoing.

To register, please call the Center for Christian Counseling at 608.274.8294 at least one (1) week in advance to confirm your attendance the following week.

A decision on whether the group will meet will be made the Thursday prior to the scheduled date and all confirmed attendees will be contacted directly. This group has a minimum of 5 attendees for the group therapy to take place.