



Continuing to Develop

HEALTHY BOUNDARIES IN YOUR LIFE

An Ongoing Support & Practice Coaching Group - For Women Only

This ongoing monthly coaching group, facilitated by a therapeutic level professional, is designed for women who want to continue their focus and development of healthy boundaries in their lives and relationships.

Participants of this confidential online coaching group will join other Christians who are open to learning, supporting and growing by helping each other transform boundary issues into strengths by applying the principles and skills of healthy boundaries in their lives.

You are welcome to join for a few sessions or many sessions, one per month, with each group providing space to build fellowship, to share and hear updates on boundary experiences, as well as to offer practice opportunities to help create more confidence within a supportive environment.

***Ready to Join? Questions?
Contact Justin for More Information!***



**Facilitated by
Justin Bangert, MS, LMFT**

Online Monthly Coaching Group

- Ongoing Monthly 90-Minute Group Coaching Sessions
- Approximately 10-15 Participants Per Session (With Minimum of 6)
- Justin will Provide a Summary of Key Talking Points, Reflection Questions and Suggested Resources will be Made Available.

Cost: \$70 / Session

**Potential grants available for assistance if needed*

Contact Justin at:

 www.justinbangert.com

 justinrbangertcoaching@gmail.com

