

Personal Boundaries Workshop

Come along to this workshop and explore what healthy boundaries are and find out the difference between clear and fuzzy boundaries. Learn strategies to reduce your stress levels and improve your relationships

Hunter Women's Centre Mayfield

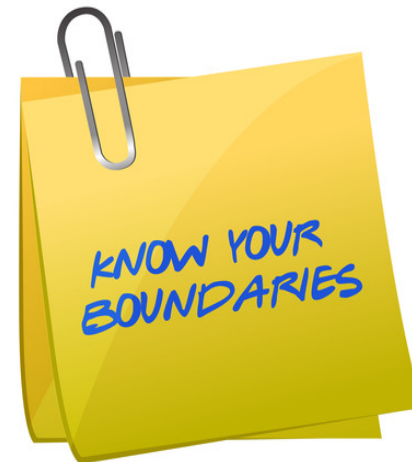
Tuesday 14 May

9.45am (10.00am start) to 1.00pm

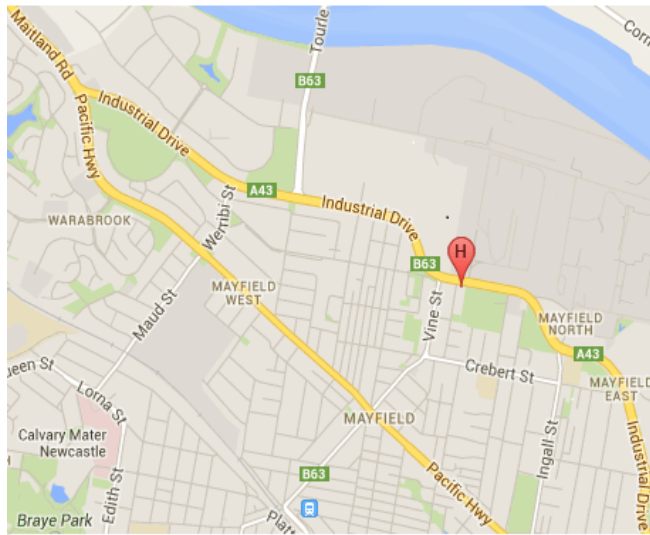
Cost \$10. Morning tea provided

Phone 49682511 to register

Preference given to those who have not attended this workshop before



Funded by
Hunter New England Local Health District



Funded by Hunter New England Local Health District

Public Transport

Buses from Hamilton Train Station

- 100 Maitland Rd Hamilton (alight Maitland Rd Mayfield)
- 111 Sheddon St Islington (alight Bull St Mayfield)
- 104 Albert St Islington (alight Industrial Dr Mayfield)

Nearest train station on the Hunter Line is Waratah with a 20 minute walk to the Centre

Phone for more public transport options

Opening Hours

Monday to Thursday: 9am to 5pm
Friday: 9am to 3.30pm

60 Industrial Drive (Cnr Avon Street)
Mayfield NSW 2304
Phone: 02 4968 2511
admin@hwc.org.au