

Boundaries Class

Full Description – 10 week class

Drs. Henry Cloud and John Townsend uncover the secrets to cultivating the habit of setting and maintaining healthy boundaries that provide the framework for rich, productive relationships.

Healthy relationships and sound living depend on maintaining effective personal boundaries. But many people don't know where to start. Based on the bestselling book by Drs. Henry Cloud and John Townsend, these interactive sessions can make a life-changing difference. Drawing on principles from the Bible, *Boundaries* guides small groups on a journey of discovery and practical application. As a participant, you'll learn how to live your life more fully and display truth and love more freely. It's the centerpiece for insights, exercises, and spirited group discussion that can profoundly improve the quality of your relationships in every sphere of life—marriage, family, friendships, Church, and the workplace.