

# BOUNDARIES WORKSHOP

*Are you in control of your life?*

*Do you have trouble saying no?*

*Do people take advantage of you?*

*Do you want to say no without feeling guilty?*

*How do you answer someone who wants your time,  
love, energy, and money?*

Healthy relationships and sound living depend on keeping effective boundaries. Most people do not know how and where to start in establishing boundaries.

These 9-week interactive sessions will focus on boundaries issues that will empower you to learn when to say "Yes", how to say "No" and ways to take control of your life.

It is designed to help you define what boundaries are: how boundaries protect you and how boundaries can be injured, repaired, developed and used. This course will enhance your personal growth and expedite your healing journey as you apply God's Laws of healthy boundaries in your life.

This will be a thoughtfully-planned workshop with facilitated small group discussions where you can journey with fellow sojourners, providing a safe setting for everyone to learn, share and process biblical views of boundaries together.

Come and be empowered with the know-hows about boundaries, so that you can use healthy boundaries appropriately to achieve the purposes that God intends for you. This course will help you improve your relationships in every sphere of life – family, marriage, children, friendship, workplace and the church.

Based on the bestselling series **Boundaries** by Dr Henry Cloud and Dr John Townsend, participants will use the textbook and workbook for interactive exercises and spirited group discussions.



When to say **YES**  
and When to say **NO**

To take

**CONTROL**  
*of your life*

Are you in control of your life?

Do you have trouble saying no?

Do people take advantage of  
you?

Do you want to say no without  
feeling guilty?

How do you answer someone  
who wants your time, love,  
energy & money?

**BOUNDARIES**

# REGISTRATION FORM

Boundaries Workshop

Jun 27, Jul 4, 11, 18, 25, Aug 1, 8, 15, 22, 2017 (Tue)

Name: Dr/Rev/Mr/Ms \_\_\_\_\_  
(please write clearly)

Address: \_\_\_\_\_  
\_\_\_\_\_

Tel: (Hp) \_\_\_\_\_ (O) \_\_\_\_\_

(R) \_\_\_\_\_

Email: \_\_\_\_\_  
(please write clearly)

Church / Organisation: \_\_\_\_\_  
\_\_\_\_\_

Cheque No/Cash: \_\_\_\_\_

Please rank your preference for the following topics  
(1 – most preferred and 3 – least preferred)

\_\_\_ Boundaries with Friends \_\_\_ Boundaries with Spouse  
\_\_\_ Boundaries with Children

1. Fees: Before 27 May 2017 - S\$160  
After 27 May 2017 - S\$180  
Registration closes: 3 June 2017
2. Registration is on first-come-first-serve basis.  
\*Workshop limited to 24 places only\*
3. Pre-Workshop briefing on 3 June 2017, 10am
4. Fees paid exclude payment for course workbook (\$25.00), to be paid upon collection on the day of Pre-Workshop Briefing.
5. All participants must purchase Boundaries Reading Book on their own from local bookstores.
6. There will be no make-up classes for the workshop.
7. Registration is confirmed upon receipt of full payment.
8. Fees are non-refundable and non-transferable.
9. Kindly issue crossed cheque to :  
FOUNTAIN GATE MINISTRIES LTD
10. Send the completed form & cheque to:  
**Fountain Gate Ministries Ltd**  
8 Burn Road #05-15 Trivex  
Singapore 369977

## Essential Information:

Pre-Workshop Briefing &  
Collection of Course Workbook

Date : 3 June 2017 (Sat)  
Time : 10.00am - 11.00am

Boundaries Workshop

Date : Jun 27, Jul 4, 11, 18, 25  
Aug 1, 8, 15, 22, 2017  
All sessions are held on Tuesday

Time : 7.30pm - 9.30pm

Venue : Fountain Gate Ministries Ltd  
8 Burn Road #05-15 Trivex  
Singapore 369977

Duration: 9 Weeks

Fees : Before 27 May 2017 - \$160  
After 27 May 2017 - \$180  
Registration closes on 3 June 2017  
(Cheque made payable to:  
Fountain Gate Ministries Ltd)

Mailing : 8 Burn Road #05-15 Trivex  
address Singapore 369977

When to say **YES**  
and When to say **NO**

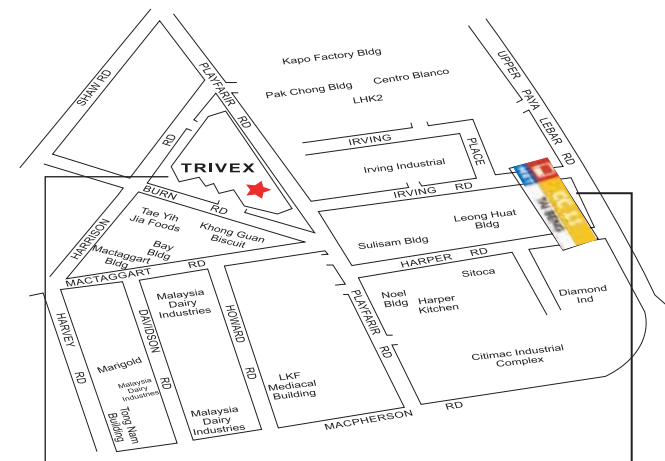
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For further information please contact Sandra at 90612101  
or email: [fountaingateministries@gmail.com](mailto:fountaingateministries@gmail.com)  
[www.fountaingateministries.net](http://www.fountaingateministries.net)

### How to get there - MRT & Buses



**Fountain Gate Ministries Ltd**  
8 Burn Road,  
#05-15, Trivex  
S'pore 369977

**After Tai Seng MRT (CC11) :**  
Buses: 22, 24, 28, 43, 58, 62, 70, 70M, 76, 80, 93, 158  
**Opp Tai Seng MRT:**  
Buses: 22, 24, 28, 43, 58, 62, 62A, 70, 70A, 70M, 76, 76A, 80, 80A, 93, 158

For Office Use Only (please leave this section blank)

Receipt No : \_\_\_\_\_

Bank & Cheque No./Cash : \_\_\_\_\_