



# BOUNDARIES

*What Are They? Who needs them?*

The **Minnesota Renewal Center** is hosting a *Boundaries* Group!  
Tuesday Evenings – 8 sessions  
April 26 – June 14, 2011

WHAT?

***Boundaries: When to Say “YES,” When to Say “NO,”  
To Take Control of Your Life***  
Based on written and video materials by  
**By Dr. Henry Cloud and Dr. John Townsend**

- Each class consists of video and discussion.
- Total Cost: Individual--\$80, Couple--\$140, Alumni--\$40.  
Materials are included in the cost.

WHEN?

6:00 - 7:30 P.M. on Tuesday evenings starting April 26, 2011

WHERE?

**Minnesota Renewal Center (MRC)**  
3499 Lexington Ave. N., Suite 100  
St. Paul, MN 55126

*We are located one block south of County Rd. E, at the intersection of Lexington Ave. N and Harriet Ave., in the lower level of the Catholic Aid Association/Catholic United Financial building.*

HOW?

Call MRC at 651-486-4828 for more information and to reserve your place. Facilitators include Dan Lambrides, DMin, and Trisha Wohlfeil, M.A.

WHY?

Because we all need healthy boundaries, and we'll have a good time learning together!

