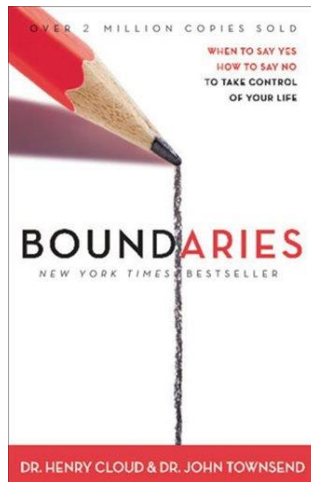


Are you free for lunch on Thursdays?

NightShift is offering a free weekly get-together
for businesswomen based on the bestselling book *Boundaries*
by Dr. Henry Cloud and Dr. John Townsend

*Having clear boundaries is essential to a healthy and balanced lifestyle. Have you ever wondered,
Can I set limits and still be a loving person?
What are legitimate boundaries?
What if someone is upset or hurt by my boundaries?
How do I answer someone who wants my time, love, energy, or money?
Aren't boundaries selfish?
Why do I feel guilty or afraid when I consider setting boundaries?*



Dr. Henry Cloud and Dr. John Townsend offer biblically-based answers to these and other tough questions, showing us how to set healthy boundaries with our parents, spouses, children, friends, co-workers, and even ourselves. Our discussion time will be guided by professional counsellor Amanda Ratzlaff, RPC-C.

Thursdays, Noon – 1:00 pm
October 5 – November 2
NightShift – 10635 King George Blvd., Surrey



Love. Hope. Purpose.

RSVP to Evelyn at outreach@nightshiftministries.org or at 604-953-1114
Books available for \$10.00 each (includes notebook/pen)
A free lunch will be provided on October 5