

# CREATING LOVING BOUNDARIES

FOR SAFE COMMUNICATION AND FULFILLING RELATIONSHIPS



**May 17 | Melissa Ander | 6:30-8:00 p.m. | Free | Online**

This free public lecture is designed to help you understand the importance of boundaries and how to establish effective boundaries with a loved one with a serious mental illness (SMI). Registered Clinical Counsellor (RCC), Melissa Ander, MEd, will explore the questions:

- What exactly are boundaries?
- What false preconceived ideas do many of us have about boundaries?
- How do emotions such as guilt and shame affect our ability to establish and maintain boundaries?
- How can you establish boundaries effectively while supporting a loved one with an SMI?

Please send any questions you'd like to ask Melisa Ander to [programs@pathwayssmi.org](mailto:programs@pathwayssmi.org) before May 17. There will be an opportunity to ask additional questions at the end of the lecture.

The lecture and the Q&A will last 1.5hrs in total.

#### Who can attend?

This public lecture is open to anyone who wishes to understand and explore boundaries as they relate to families affected by serious mental illness.

#### Where and when?

- Tuesday, May 17th | 6:30-8:00 p.m.
- Online via Zoom

**REGISTER NOW!**

<https://pathwayssmi.org/education/public-education-lecture-series/>

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