



## Setting Boundaries for Healthier Relationships

Presented by: ShaRon Rea, Founder of the Global Movement *No Judgment. Just Love*

---

The **Setting Boundaries for Healthier Relationships** workshop will discuss setting boundaries in our relationships to create healthier connections in our lives. ShaRon will review communication and conflict resolution styles to help you better understand your communication patterns, recognize where boundaries are needed and learn the tools to set them, and recognize the differences in healthy vs. unhealthy relationships. The workshop will be in-person at Duet, registration is required, and space will be limited in order to meet the return to in-person safety guidelines.

---

When: Saturday, July, 17 2021  
Time: 10 a.m. – 12 p.m.  
Where: Duet, 10000 North 31st Avenue, Suite D200,  
Phoenix, AZ 85051 – Mariposa Room  
Cost: FREE  
RSVP: Reservations required by July 2. Contact Lisa McCormick at  
(602) 274-5022, ext. 114 or [mccormick@duetaz.org](mailto:mccormick@duetaz.org)

---

