

# Boundaries Class

## Skills for Life: Setting Boundaries



Do you need to simplify your life?  
Are you too busy?  
Do you struggle with anxiety or depression?  
Do you feel too distracted or too tired to enjoy your life?

Then this is the class for you!

In the “Boundaries” class, Dr. Heidi Vermeer-Quist will guide you through the best-selling Boundaries curriculum by Christian psychologists Dr. Henry Cloud and Dr. John Townsend.

After 12 years of clinical work, Dr. Vermeer-Quist has found Boundaries training to be one of her most helpful tools in successfully helping people enjoy their lives.

### The Boundaries class will help you:

- Clarify what you ARE responsible for and how to be successfully responsible for it!
- Let go of what you ARE NOT responsible for and what keeps you feeling stuck and discouraged.
- Identify how you are helping yourself in your day-to-day choices and how you are actually harming yourself.
- Strengthen and deepen your relationship with God.
- View yourself with a healthy Christian self-concept, letting go of negative, inaccurate self-concepts.
- Encourage yourself, other class members, and other relationships.
- Build healthier relationships with your loved ones and even with people you are not happy with at the moment.

The Boundaries class will meet Saturday mornings, beginning September 10<sup>th</sup> from 10 am to noon at:  
Pine Rest Christian Mental Health Services  
6200 Aurora Avenue, Suite 401 E  
Urbandale, IA 50322  
Phone: 515.331.0303

### Class Schedule:

- September 10
- September 17
- September 24
- No Class on October 1
- October 8
- October 15
- October 22
- October 29
- November 5
- No Class November 12
- November 19
- No Class November 26
- December 3



Dr. Heidi Vermeer-Quist

The cost of the class is \$300 (\$30 per class) and includes the cost of books and video resources. Please make checks payable to Pine Rest Christian Mental Health Services by September 10<sup>th</sup>. For financial assistance, please contact Pine Rest.

