

How to Register

Don't wait reserve your spot early!!!

We offer an "Early Registration" discount as well as a "Couple Discount" for anyone who signs up the Wednesday before the meeting.

A discount of \$30-\$60 will be taken off the cost of your meeting for signing up early.

All payments must be received by Friday, the day before the meeting to ensure your spot in the meeting!

Call the office at (318) 222-6800 or email at healing_inc@bellsouth.net

We Accept Cash, Check or Credit Card.

Get one month of counseling in one day and Save 50%!!

Martin Miller, M.A., Executive Director

Licensed Marriage and Family Counseling
Licensed Professional Counselor
National Certified Counselor



Please call the office to register or for more information

820 Jordan Street, Suite 401
Shreveport, LA 71101

Phone: 318-222-6800

Fax: 318-222-6801

E-mail: healing_inc@bellsouth.net

www.HealingHeartCounseling.Org



Boundaries Meeting



**Distinctively Christian
Professional Counseling**

www.HealingHeartCounseling.Org

Meeting Info

Who: Healing Heart Counseling Center

What: Boundaries Meeting

Where: 820 Jordan St. Suite 401,
Shreveport, LA

When: Saturdays from 9am-12pm

You can save more than 50% in 3 hours compared to scheduling multiple appointments.

There are no "quick fixes" but this is the next best thing.

The people attending are clients that we at the center know and trust.

The session will be a SAFE and CONFIDENTIAL place to simply listen, learn, ask questions, and share if you want.

Client Comments

- *"I gain so much from each of these sessions- having others (present) with the same issues & problems makes it so much better for me."*
- *"I was encouraged with the Christian approach; to start and finish with prayer and to have hand-outs with scripture to support the teaching and discussion."*
- *"This was great! Do it again."*

What You will Learn

- Make decisions and enforce boundaries in difficult relationships.
- How to be assertive and avoid being manipulated with guilt.
- How to get a laser focus on the fine line between enabling and serving.
- Take care of your *self* while keeping in balance your responsibilities to others.
- Understand the real difference between True versus False Guilt.
- Understand scriptures that speak to codependency & boundaries.
- Distinguish between Brokenness and True Recovery versus Surface Compliance and Pretending.
- The Six Distinctions between enabling and serving and much more.
- All of the above are based on



Those who recently attended a Boundaries Session were asked:

"What would you like to say to someone who knows they need this group, but is afraid to come?"

Here is what a few of them said:

- *"Just come and listen. You don't have to share if you are not comfortable. The cost of not coming, doing nothing or trying to do it on our own, will be more than the cost of coming."*
- *"It's confidential and there are other people like you- you are not alone."*
- *"They can be healthy and still be in God's will and set boundaries."*
- *"There are a lot of people out there in the same situation you are in."*
- *"It is confidential, laid back, all those in attendance are non-judgmental because they are in difficult situations also. It provides a wealth of information to equip you in life to bring you out of unhealthy areas."*
- *"Just try it one time. You would be amazed at what you come away with."*

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