



SUFFOLK  
Community  
Foundation



# CARING & BOUNDARIES WORKSHOP

## WOULD YOU LIKE TO EXPLORE THE NATURE OF HEALTHY BOUNDARIES WITHIN YOUR CARING RELATIONSHIP?

PLEASE JOIN US AT OUR NEXT  
CARING AND BOUNDARIES WORKSHOP

Caring relationships can become very complicated, especially when the person being cared for is experiencing mental health or exhibiting challenging behaviour. It can be hard to keep track of where responsibilities begin and end, lives and identities can become entangled and any sense of personal identity, space and resources can be lost. If you'd like to explore ways to find some clarity about your own parameters, this workshop may be of help.

Please note that places must be booked in advance

[www.suffolkfamilycarers.org/upcoming-workshops/](http://www.suffolkfamilycarers.org/upcoming-workshops/)  
or contact us for bookings and enquiries:  
[hello@suffolkfamilycarers.org](mailto:hello@suffolkfamilycarers.org) or 01473 835477

Suffolk   
Family Carers  
Living Fuller Lives

A Network Partner of  
**CARERS  
TRUST**

Suffolk Family Carers Limited Registered Charity No.1069937. A Company Limited by Guarantee in England No.3507600  
Registered Office: Unit 8, Hill View Business Park, Claydon IP6 0AJ

