

WEBINAR FOR WOMEN 

# HEALTHY BOUNDARIES & EMPOWERMENT

**RISE (Resilience. Independence. Support. Empowerment)**  
Supporting Women Experiencing Gender-Based Violence

**Build Confidence Through Healthy Boundaries,  
Self-Respect, and Empowerment**

**Thursday, June 18, 2026 | 12:00 p.m. - 1:00 p.m.**

Free information session covers:

- Personal boundaries and their role in everyday life
- Why healthy boundaries matter and can be difficult to set
- Setting boundaries as an act of self-respect
- Boundaries that support emotional and mental well-being

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