
Course Synopsis

*Are you in control of your life?
Do you have trouble saying no?
Do people take advantage of you?
Do you want to say no without feeling guilty?
How do you answer someone who wants your time, love,
energy, and money?*

Healthy relationships and sound living depend on keeping effective boundaries. Most people do not know how and where to start in establishing boundaries.

These interactive sessions will help you define what boundaries are: how boundaries can protect you and how boundaries can be injured, repaired, developed and used. This course will enhance your personal growth and expedite your healing journey as you apply God's Laws of healthy boundaries in your life.

With facilitated small group discussions where you can journey with fellow sojourners, providing a safe setting for everyone to learn, share and process biblical views of boundaries together. It will help you improve your relationships in every sphere of life – family, marriage, children, friendship, workplace and the church.

Based on the bestselling series Boundaries by Dr Henry Cloud and Dr John Townsend, participants will use the textbook and workbook for interactive exercises and spirited group discussions.

Who should attend?

This course will empower you to learn when to say "Yes", how to say "No" without feeling guilty and ways to take control of your life.

Information

- 1 Registration is on first-come-first-served basis.
- 2 Registration is confirmed upon receipt of full payment.
- 3 Fees are non-refundable and non-transferable.
- 4 There will be no make-up classes for the course.
- 5 Email the completed registration form to fountaingateministries@gmail.com
- 6 Fees: Before 25 May 2024 at S\$190
After 25 May 2024 at S\$210
- 7 **All participants must purchase Boundaries Reading Book and Boundaries Workbook from their own local bookstores. Boundaries Workbook is available at S\$25 from us.**
***Add local postage fees S\$3.20 for the Boundaries Workbook.**
- 8 Mode of Payment:
Payment via Internet Banking Transfer
Name of Acc : FOUNTAIN GATE MINISTRIES LTD
Bank : United Overseas Bank (UOB)
Account No : 310 3064 234

Kindly indicate your name and course title under the bank reference box.
Send a screen shot/bank advice for verification.

Crossed cheque payable to FOUNTAIN GATE MINISTRIES LTD

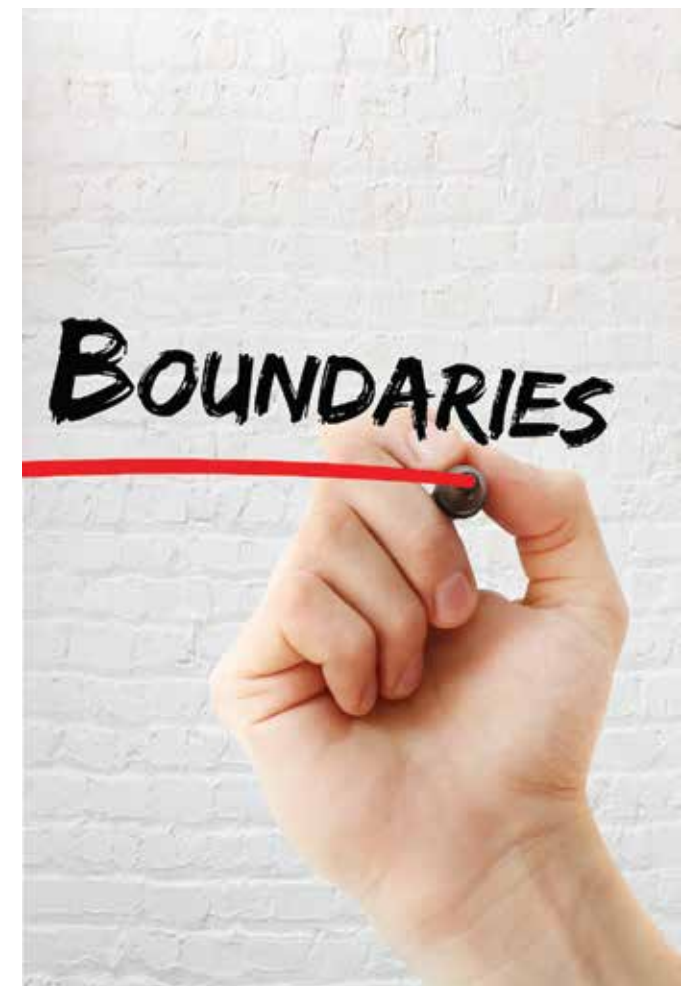
Contact

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fountaingateministries@gmail.com

www.fountaingateministries.net



Boundaries Workshop

Registration Form

Boundaries Workshop
Jun 8, 15, 22, 29
Jul 6, 13, 20, 27*

Name *Ps / Dr / Rev / Mr / Ms / Mrs*

Address

please write clearly

Contact *Hp./R.*

Email

please write clearly

Church / Organisation

Payment Mode

Please rank your preference for the following topics
(1, most preferred and 3, least preferred)

____ Boundaries with Friends ____ Boundaries with Spouse
____ Boundaries with Children

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 - 8 For mode of payment, kindly refer to the reverse side.
 - 9 For further information, please contact Teck Kiang at 9722 3162 or email us at fountaingateministries@gmail.com
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For official use only
Receipt No.
iBanking or PayNow

Topics

8 weeks

The course is conducted in a workshop style, where we discuss the following topics.

Topic 1 What Does a Boundary Look Like	Topic 8 Boundaries and Your Children
Topic 2 Understanding Boundaries	Topic 9 Boundaries and Work
Topic 3 Ten Laws of Boundaries	Topic 10 Boundaries and the Digital Age
Topic 4 Common Boundary Myths	Topic 11 Boundaries and Yourself
Topic 5 Boundaries and Your Family	Topic 12 Boundaries and God
Topic 6 Boundaries and Your Friends	Topic 13 Resistance to Boundaries
Topic 7 Boundaries and Your Spouse	Topic 14 Success with Boundaries

Fees

Before 25 May 2024 S\$190
After 25 May 2024 S\$210

*Add local postage fee of S\$3.20 for Boundaries Workbook purchase from us.

Venue

Online

Schedule

Date Jun 8, 15, 22, 29
Jul 6, 13, 20, 27*

*Jul 27 afternoon session are for those who indicated Boundaries with Children under the preference section.

Time 9.30am to 3.30pm (Jun)
3.30pm to 6pm (Jul)

Facilitators

SANDRA MOO

Sandra graduated from Word of Life Bible School, Sweden, in 1992. She has also received training in the various tools of inner healing taught by well-known practitioners from Elijah House, Deep Level Healing Ministries, Ellel Ministry, Theophostic Ministry, Restoration in Christ and others. In addition, she worked for three years alongside professional counsellors in the counselling centre of CityLife Church in Melbourne.

With over 20 years of experience of helping those in need through inner healing, deliverance and pastoral care, Sandra continues to be passionate to see God bring healing and wholeness to people from different walks of life.

BAY TECK KIANG

Teck Kiang is a full time staff of Fountain Gate Ministries and oversees the operation of the ministry. She received training from Fountain Gate Ministries, leads in worship and courses. She is academically trained in LASALLE Collage of the Arts and Nanyang Academy of Fine Arts.

PHILIP MOO

Philip had an engineering background and worked many years in the corporate world. He serves Fountain Gate Ministries in curriculum development, administration and technical support. He believes passionately that the renewal of the mind through the revelation of God's truth is the key to spiritual maturity.
