

Join Mennonite Women USA and Dove's Nest
Thursday and Friday, July 26-27, 2018
Barbara Weitz Community Engagement Center, Omaha, NE

Empowering Women: Claiming Healthy Personal Boundaries

An Intergenerational Gathering to Provide Practical Resources and Support on Healthy Boundary Management for
Girls Ages 13–18 and Women of All Ages

Who should attend? Women or girls on their own or any combination of aunts, nieces, grandmothers,
granddaughters, mothers, daughters, mentors, mentees, neighbors

Thursday Afternoon

1:00 PM Family Patterns and Cultural Conditioning

What do healthy boundaries mean for us in this #metoo #churchtoo climate? Why do some of us easily claim healthy boundaries and others of us struggle to do so? Keynoter **Jenny Castro** of Mennonite Church USA Women in Leadership Project will help us understand the big picture of boundary management.

2:00–3:30 PM: Finding Your Voice

Is it really okay to be assertive or to refuse to people-please? Can we be empowered to be clear about our individual needs? Here you'll learn the top ten ways to set and model healthy boundaries. The girls' presenter will be **Kathy Haake**, associate director of Dove's Nest: Faith Communities Keeping Children and Youth Safe. The women's presenter will be **Carol Hurst**, Dove's Nest's Speaker Bureau member and associate professor and social work program director at Eastern Mennonite University, Harrisonburg, VA.

4:00–5:30 PM: Celebrating Self

What about you do you absolutely adore? This session will offer tools on gaining self-awareness, personal empowerment, and claiming positive messages about ourselves. The presenters will be Dove's Nest's Speaker Bureau members **Carol Hurst**, associate professor and social work program director at Eastern Mennonite University, for girls and **Brenda Yoder**, licensed mental health counselor and author, for women.

6:00–9:00 PM: Catered dinner, worship with **Pastor Andrea Wall** from Bethesda Mennonite Church (Jesus is a model for boundary setting!), art expression opportunities, and fellowship.

Friday Morning

9:00 AM–Noon: Claiming It Now and Taking It Home

After an energetic wrap-up, you will work individually and in small groups to create a tangible take-home plan that names how you will claim healthy personal boundaries in your own life.

Cost: \$60 per person. To register online, go to <http://dovesnest.net/Claiming-Healthy-Personal-Boundaries>
Please register by July 16, 2018. Participants are responsible for travel and housing. A list of nearby hotels and hotel block information can be found on the registration page. Scholarships are available.
For more information, email kathy@dovenest.net.