



mental
health
matters

For over 20 years, Eagles Nest has been helping people care for their mental health, understand themselves and learn new tools for healthy relationships. We offer affordable therapy, coaching and support programs to adults, youth and children.

All of our services are low cost or fully subsidized because mental health matters. Everyone should be able to access mental health support, whenever they need it.



what are boundaries?

Boundaries are limits you set in place to safeguard your mental, physical and emotional well being.

They are personal definitions of what is and isn't ok with you, giving everyone ground rules to operate within. Boundaries are present in all relationships, even in the relationship with yourself. They are also an essential part of everyone's mental health.

Without boundaries, people may struggle to say 'no' and feel overwhelmed by others' needs. In relationships that prioritize self-sacrifice, the inability to set healthy boundaries may lead to a variety of mental health challenges, including emotional exhaustion, stress, anxiety and depression.

Eagles Nest knows just how important health boundaries are. We offer a Boundaries group program for people to explore and implement boundaries in their lives. It is our most popular program.



healthy boundaries create healthier relationships

Gwen is a mother of 3 who reached out to her doctor for support. She was facing challenges in her relationship with her son who was angry and violent. Her doctor referred her to a therapist, who then recommended our Boundaries course.*

“My therapist told me, ‘Everybody wants change in their life. If you are willing to do the work, you will see the change’.

I took it seriously. I did all the exercises, the readings and I started reaping the rewards of my work. I put boundaries in with my son and learned how not to act out in anger.

Every week I’d read the reading and think, ‘*But now what?*’ But I’d do the readings, establish a boundary, talk it over with the facilitators and the group.

Sometimes you think, ‘*What is wrong with me?*’ but it was a similar group of people learning to do things better for themselves and others. And it worked.

In the past I let people cross my boundaries and then got angry. I am not an angry person by nature but when people crossed my boundaries there was so much anger.

I learned that I don’t need to be angry, it’s ok to say no. Now I react to things differently than I would

have a year ago. It changed my life...it doesn’t need to end in chaos and anger. If it doesn’t feel right, there’s a reason to think about that. I used to just say, ‘yes, yes, yes’. Now I can say, ‘*Can I get back to you?*’ I say, ‘*No*’ or, ‘*I can do this, but not that*’ instead of saying yes, yes and feeling angry.

In 6 months, I was a different person. I am so grateful for that referral. I still go around with the book and my binder, I call it my Boundaries Bible.

I told my therapist, ‘*We think it’s about others, but it’s about myself.*’ By changing myself, it changed others. A year ago, I was worried that my son

would punch me in the face but a year later he told me, ‘I love you so much’. Boundaries is a big part of that.

When times get tough, I look for that Boundaries Bible. Now there are boundaries on my part and my son’s part. It was a life changing experience.”

**name changed with permission to preserve confidentiality*

after the Boundaries program

100%

of participants

said they felt safe to share during the group and would recommend the program to friends

“ from Eagles Nest staff

Once people are in the group, they realize boundaries can affect every area of their life whether it’s work, relationships, home life with their kids, with their spouse or friends. They realize how freeing it can be to learn these things...that’s why the program has become so popular.

Melissa Abraham, Program Manager

Emotionally, it’s very important to know what our upper and lower limits are. The definition of safety psychologically is our ability to control our bodies and our minds and also our immediate environment. Boundaries help keep those things safe, helps keep things in control.

*Candice Chiu, Therapist
(M.Ed. Counselling and Psychotherapy,*

People think they’ll feel guilty for creating boundaries and it’s actually the opposite...they’re about what you’re going to tolerate, what you’re going to allow. It’s not about controlling another person but it’s about respecting yourself and that’s really empowering for a lot of people.

Erin Nichiporuk, Program Co-ordinator