

**Boundaries - Join coach Kendra Stein in exploring what boundaries really are**

Myrna Lapres  
September 14, 2026



## *Self-Care Isn't Selfish:*

*Heal Yourself, Your Family & the World*

**Sat., September 19, 2026 10-11:30 am PT**



Struggling to say no without guilt? Feeling drained by relationships that take more than they give? In this webinar, you'll learn the core principles from the best selling book ***Boundaries*** by Drs. Henry Cloud and John Townsend--and how to actually apply them in your everyday life.

Join **Coach Kendra Stein** in exploring what boundaries really are (and aren't), why they're essential to your emotional and relational health, and practical steps to start reclaiming your sense of self.

Coach Myrna, September 14, 2026

[www.coachmyrna.org/](http://www.coachmyrna.org/)

## **Boundaries**

Do you struggling to say no without feeling guilty? Are you sometimes drained by relationships that take more than they give? Join our monthly **Self-Care Isn't Selfish\*\*** webinar featuring **Coach Kendra Stein** who will guide us to explore what boundaries really are (and aren't), why they're essential to our emotional and relational health, and support us in finding practical steps to start reclaiming our sense of self.

In this September 19th zoom webinar, you'll learn the core principles from the best selling book ***Boundaries*** by Drs. Henry Cloud and John Townsend--and how to actually apply them in your everyday life. Walk away knowing how to protect your time, energy, and peace, while having more clarity and peace in how to show up in your relationships in a healthy way!

Join us on Saturday, September 19, 2026, 10-11:30 am PT/1-2:30 pm ET. Register here for the zoom link: [tinyurl.com/Self-Care-Sept-19](https://tinyurl.com/Self-Care-Sept-19)

For more about Kendra Stein: [www.apathtofamilyhealing.com/services](http://www.apathtofamilyhealing.com/services)

**\*\*Self-Care Isn't Selfish** is a project begun in 2022. We are a group of coaches who were trained by Hilde Wiemann, Generational Healing as well as members of Women's Federation for World Peace who feel inspired to combine our healing work with the vision of WFWP-- *Women working together to establish a culture of heart in the family, community, nation, and world in order to achieve genuine and sustainable peace under God.* You can view our past webinars on our YouTube Channel: [www.youtube.com/@ Self-Care.Isnt.Selfish/videos](https://www.youtube.com/@Self-Care.Isnt.Selfish/videos)

To purchase my book on

Amazon: [www.amazon.com/gp/product/B09L7KS5VH](https://www.amazon.com/gp/product/B09L7KS5VH)

If you already purchased my book, I would love for you to leave a review.

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*If you would like to know more about what I offer as a coach, please visit my website: [www.coachmyrna.org/](http://www.coachmyrna.org/)*

*Find out more about creating better connections with Safe Conversations [www.coachmyrna.org/create-connection.html](http://www.coachmyrna.org/create-connection.html)*

