

# *Communication and Assertiveness Workshop*



Do you have problems speaking up on your own behalf?  
Come along to this workshop and learn how to assert  
yourself in a way that teaches people how to respect you

**Wednesday 18 May 2011  
10am to 1pm**

Identify your communication vulnerabilities.

Learn to communicate respectfully.

Learn strategies for being assertive with difficult people.

Workshop Cost:\$10

If you are in financial hardship please speak to a staff member when registering.

Morning tea is provided

Child minding available (bookings essential)

To register attendance and for further details please contact the Centre

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