Building Successful Communication Skills Workshop

Would you like to learn how to communicate more effectively? Attend our workshop to help improve your communication skills.

Topics:
- How to recognize miscommunication
- Common barriers to communicating well
- Active listening skills
- Four styles of communicating
- How to teach this to your kids

Thursday, September 15th
11am-12pm
BE 109

Sponsored by: The Re-Entry Program
Please RSVP by contacting Shannon Estrada @ sestrada@cerritos.edu or (562) 860-2451 ext.2362

Presented By:
Pamela Sepulveda
-LCSW
-Community Outreach Director
-Casa Youth Shelter