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

**Building Successful Communication Skills Workshop**

Tuesday, March 31
11am-12pm
Room: BE 106

Sponsored by: The Re-Entry Resource Program

Please RSVP by contacting Shannon Estrada @ sestrada@cerritos.edu or (562) 860-2451 ext.2362

**Presented By:**
- LCSW
- Community Outreach Director
- Casa Youth Shelter