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

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

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

**Sponsored by: The Re-Entry 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