

# WEDNESDAY EVENINGS

6:30 P.M. – 8:00 P.M.

## COMMUNICATION

- All adults welcome •
- Snacks & coffee provided •
- Registration upon arrival •
- Open weekly to new participants •

FREE & FACILITATED

# Counselling Group

## COMMUNICATION TOOLS Education & Support

- Managing conflict
- Active listening skills
- Self-care and self-control
- Information on boundaries
- Using positive intentions
- Handling difficult conversation
- Assertiveness techniques

### LOCATION

Family and Community Services  
2nd Floor, 501 Festival Avenue, Sherwood Park

**For more information call 780-464-4044**  
**[strathcona.ca/groups](http://strathcona.ca/groups)**