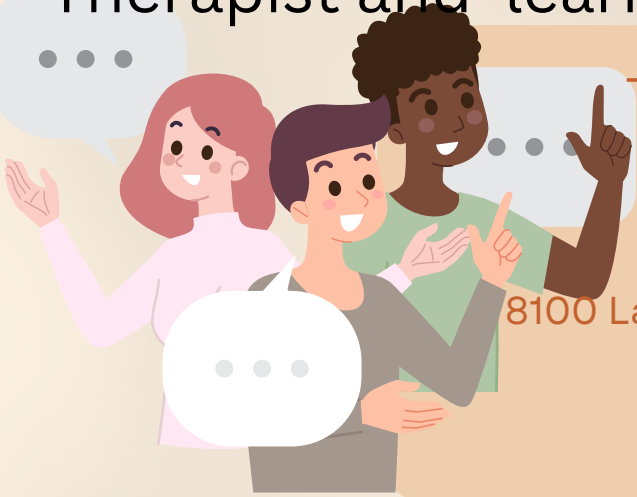




COMMUNICATION WORKSHOP

For all SCTCA TANF Participants.

Come join the SCAIR interns and the TANF Therapist and learn how to communicate better



Tuesday February 13, 2024
10am to 12 pm

La Mesa TANF Office
8100 La Mesa Blvd Ste. 100, La Mesa Ca 91942
or
Via ZOOM
(link provided once you RSVP)



Would you like to learn about:

The different forms of communication?

How to use “I” statements?

Listening skills that will help you to listen to understand?

What non-verbal communication is and how it can affect the way we communicate with others?

Then this is the workshop for you!



We will be making talking sticks for you to take home and use with your family

RSVP no later than February 5th, 2024

Space for in person is limited so be sure to sign up early

Cyndie Gilliam TANF Therapist (619)460-3400 ext 210 or cgilliam@sctca.net

Limited transportation may be available. Please let Cyndie know when you RSVP. Please contact your Career Development Specialist to ask about Work Participation hours.

“Communication is to relationships what breath is to life.” Virginia Satir