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ONLY \$145 FOR THIS FIVE WEEK WORKSHOP (\$29 per session)

ASSERTIVE COMMUNICATION SKILLS WORKSHOP

Under the guidance of a Licensed Therapist, you will learn the basic skills needed to:

- Reduce your anxiety symptoms when faced with an interpersonal conflict
- Reduce intense emotional reactions in others when expressing opposition
- Identify your communication style and how it impacts your relationships
- Identify what you truly want and need from others
- Stay mindful of your objectives during a conflict
- Effectively express your true feelings and opinions to others
- Ask for what you want/need in your relationships
- Say, "no", and set boundaries with others

GO TO: acuitymentalhealth.com/groupon-deals OR
CALL/TEXT: 503-875-5011 OR
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