

# Communication

A **FREE** workshop in  
**WATFORD**



**for Mums, Dads &  
Carers**



**For Parents and Carers of Primary  
& Secondary age children**

**The workshop will cover:**

- \* Helpful and unhelpful ways of communicating
- \* Practical skills to enable effective communication
- \* The effect of active listening on Feelings, Thoughts and Behaviour

**Thursday 22nd March 2018  
9.30am - 12.00pm  
at  
Armstrong Hall  
Stanborough Centre  
609 St Albans Road  
Watford  
WD25 9JL**



**To book your FREE place please contact  
Vicky:  
[vicky@familiesfeelingsafe.co.uk](mailto:vicky@familiesfeelingsafe.co.uk)  
or Tel: 07561845825**

\* Please quote the date of the workshop you are booking

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