

Communication 201

To help adults learn to build healthy communication skills & apply them.

This 4 week advanced course builds on the communication fundamentals from 101 including:

- Internalizing What We Hear
- How We Respond & React
- Tools to be Assertive
- Tools to be Effective

Intakes are required so sign up early to confirm your spot. These are small in person groups facilitated by SAiF clinical staff. They are hosted in locations in St Albert.

Open
to all
genders.



Wed
evenings
@6-8pm
Apr 27-May 18



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