



COMMUNICATING WITH FAMILY AND FRIENDS

FREE workshops for carers by Carers Victoria

We all communicate every day, but what happens when things go wrong? Confident communication is a skill that can be learnt.

This workshop looks at the building blocks of communication and can help you develop confidence to communicate clearly and without guilt.

Topics will include

- Understand the elements of good communication
- Identify what causes communication breakdown
- Develop strategies to improve communication

BOOKING INFORMATION

To secure your place, please phone Education Services on 1800 242 636 or email education@carersvictoria.org.au and quote event #6066.

CARERS VICTORIA

T 1800 242 636

E reception@carersvictoria.org.au

www.carersvictoria.org.au

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When Thursday 18 July

Time 10.00am – 12.00pm
Workshop two hour duration

Where Carers Victoria
Level 1, 37 Albert Street
Footscray

Cost Free
Refreshments provided

Car Parking

Available at Footscray Plaza
Paisley Street, Footscray
www.carepark.com.au/find-a-care-park/footscray-plaza