

COMMUNICATING WITH FAMILY AND FRIENDS WORKSHOP

FREE workshop 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.

WHO SHOULD ATTEND

The workshop is open to all families and carers, and is targeted at those who wish to improve relationships or communication with family and friends.

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, visit www.carersvic6827.eventbrite.com.au or for further information please phone Education Services on 1800 514 845 and quote #6827.

When Thursday 20 February

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](http://www.carepark.com.au/find-a-care-park/footscray-plaza)

CARERS VICTORIA EDUCATION SERVICES

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