

# Life Forward

Believe, Build, Be.

## A **Free** Workshop Series for Women

**Believe** in your unlimited power and potential, **Build** the skills necessary to succeed, **Be** the powerful woman you are meant to be!

**Frustrated with not feeling heard or understood?**

**Ever feel stuck with clearly and honestly communicating your needs?**

**Tired of the Blame Game?**

Learn powerful communication skills to improve relationships in all areas of your life.



Panelists:

**Ed Redd**, Parent Educator, Certified Anger Management Professional



**Judith Cassis**, C. Ht., Clinical Hypnotherapist and Success Coach

### Strengthening Relationships through Communication Skills

Saturday, April 4 10:30 a.m.-12:30 p.m.

Valencia Library Community Room  
23743 Valencia Blvd.

- Learn how to listen—the foundation of Healthy Communication
- Learn how to discover what's behind the anger you feel
- Why the Blame Game doesn't work
- Learn to recognize harmful communication before it damages your relationships

Future Workshops in this Series:

**Job Search and Career-Building Skills** – Saturday, May 16

*\*All workshops will be held at the Valencia Library Community Room from 10:30am-12:30pm*



Sponsored by Zonta Club of Santa Clarita Valley. **For more information or to RSVP, call 661-252-9351** or visit [www.scvzonta.org](http://www.scvzonta.org). Sorry, no childcare is available for this series.