Communicating Effectively and Feeling Powerful

with

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Licensed Marriage & Family Therapist

Tuesday, June 9th and 23rd
7:00 - 9:00pm @ Ararat Center
3347 N. San Fernando Rd. Los Angeles

Why do we get into arguments with our kids, parents, and partners all the time?

Why do we feel that we are not heard and understood?

How to stop the arguments.

Come learn what to do in order to be heard and understood better

Come learn new ways of communicating that will help you feel better

For more information please visit www.ararat.org., Ararat Facebook or call Ararat center at 323/256-2564