



Scarborough Academic

Family Health Team

## TREATING “THE DISEASE TO PLEASE”



Find It Hard To Say No?

Feel Taken  
Advantage of?

Keep Things Bottled Up  
And Then Find Yourself  
Feeling Resentful?

Feel That People  
Don't Listen or  
Take You Seriously?

If You Answered “Yes”  
to Any of The Above  
**THIS COURSE  
IS FOR YOU!!**

## ASSERTIVENESS TRAINING FOR WOMEN

**FREE 4-WEEK COURSE  
FALL 2014**

Brought to you by popular demand!  
Join other women in a supportive environment to  
find out how to make positive changes in your life  
through being assertive. Fun, informative  
and most of all really helpful!

**To Register call Sheryl  
416-690-5180 x117**

**4 Thursdays  
Oct 2nd - 23rd, 6 - 8pm  
1127 Markham Rd @ Ellesmere  
(behind Rexall Pharmacy)**