

Scarborough Academic

Family Health Team



THE PRICE OF NICE



ASSERTIVENESS TRAINING FOR WOMEN FREE 4 WEEK COURSE

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.

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 to you or take you seriously?

If you answered "Yes" to any of the above
THIS COURSE IS FOR YOU

4 Tuesdays

November 7, 14, 21, 28 - 2017
6:30 - 8:30pm

Woburn Junior Public School
40 Dormington Drive
Scarborough, ON M1G 3N2
(Ellesmere/Markham Rd.)

Space Limited! Register at (416) 690-5180 or booking@safht.ca

