

Communication & Assertiveness Workshop Charlestown

Do you have problems speaking up on your own behalf, find it hard to say no or are unsure how to respond to difficult people

- ◆ Develop skills to help assert yourself so that other people respect you
- ◆ Identify your communication vulnerabilities
- ◆ Develop skills to communicate respectfully

The Place Community Centre
Cnr Frederick & Pearson St's, Charlestown
(enter via Frederick St)



Tuesday 19 February

9.45am (10.00am start) to 1.00pm

Cost \$10. Morning tea provided

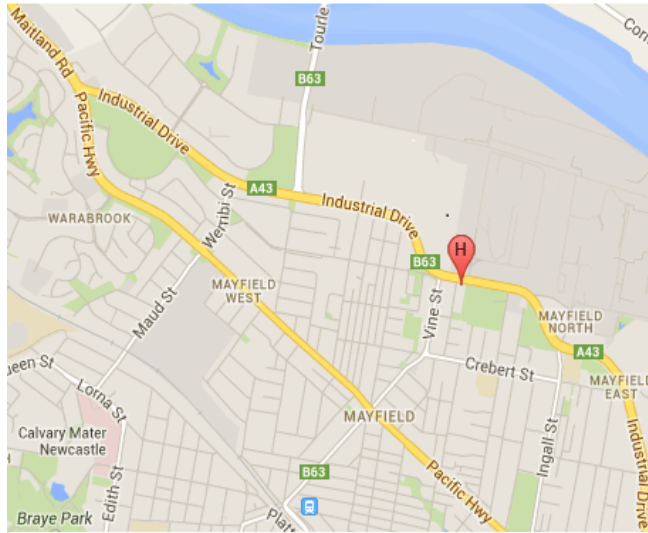
Preference given to those who have not attended this workshop before

Register by phoning Hunter Women's Centre

4968 2511



Funded by Hunter New England Local Health District



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Public Transport

Buses from Hamilton Train Station

- 100 Maitland Rd Hamilton (alight Maitland Rd Mayfield)
- 111 Sheddon St Islington (alight Bull St Mayfield)
- 104 Albert St Islington (alight Industrial Dr Mayfield)

Nearest train station on the Hunter Line is Waratah with a 20 minute walk to the Centre

Phone for more public transport options

Opening Hours

Monday to Thursday: 9am to 5pm
Friday: 9am to 3.30pm

60 Industrial Drive (Cnr Avon Street)
Mayfield NSW 2304
Phone: 02 4968 2511
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