

# Communication and Assertiveness

Come along to this workshop if 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
- ◆ Learn strategies for being assertive with difficult people

**Hunter Women's Centre Mayfield**

**Tuesday 18 June**

**9.45am (10.00am start) to 1.00pm**

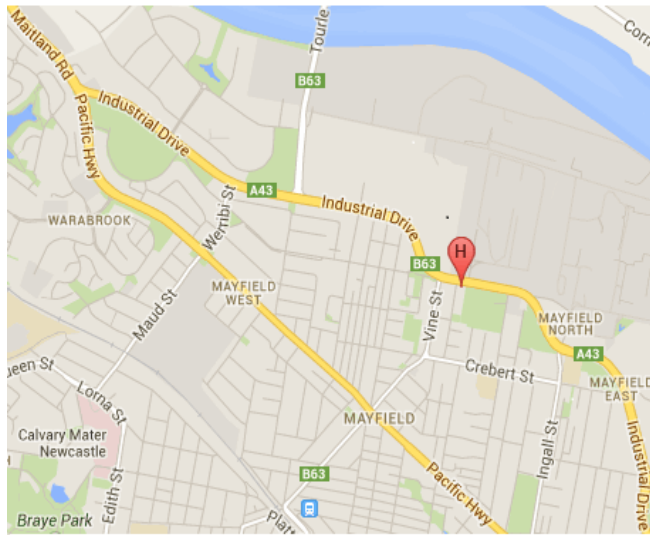
**Cost \$10. Morning tea provided**

**Phone 49682511 to register**

*Preference given to those who have not attended this workshop before*



Funded by  
Hunter New England Local Health District



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## Public Transport

### Buses from Hamilton Train Station

- 47** Norfolk Ave after Robert St (alight Barton/Bull St Mayfield)
- 11** Maitland Rd before Beaumont St (alight maitland Rd, before Hanbury St Mayfield)
- 24** Albert St opp Hawkins Oval (alight Industrial Dr Mayfield)

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

## 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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