

Compassionate COMMUNICATION

THE SURPRISING PURPOSE OF ANGER



Parents can tell but never teach, unless they practice what they preach. - Arnold H. Glasow

COMPASSIONATE COMMUNICATION IS AN OPPORTUNITY TO BECOME AWARE OF THE THOUGHTS, WORDS AND BEHAVIORS THAT DISCONNECT US FROM OURSELVES AND EACH OTHER.

DURING THIS CLASS WE WILL BEGIN TO GET CLEARER ABOUT HEALTHIER SOCIAL EMOTIONAL BEHAVIORS, WHILE LEARNING ABOUT BEHAVIORS THAT REQUIRE MINDFULNESS IF WE ARE GOING TO BE EXAMPLES FOR OUR CHILDREN.

**Thursdays, 6:00-8:00 p.m.
Sept. 20th - Oct. 25th, 2018**

Taught by Rick London

\$25

**CL Smith Elementary School Library
375 Balboa St., San Luis Obispo**



Parents are encouraged to find their own childcare. The Adult School will provide childcare if needed. Space is limited. Call the Adult School for information.

Register at ae.slcsud.org or call 805-549-1222