

# Communication FUNdamentals

LEARNING COMPASSION



*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.  
Feb. 21<sup>st</sup> - Mar. 28th, 2019**

**Taught by Rick London  
\$25**

**Monarch Grove Elementary School Library  
348 Los Osos Valley Rd., Los Osos**



Childcare is provided for a nominal fee though parents are strongly encouraged to provide their own. Space is limited. Call the Adult School to register your child(ren) or for information.

**Register at [ae.slcsd.org](http://ae.slcsd.org) or call 805-549-1222**