

# ***Communicating with Confidence***



***How to speak up when you are: Angry,  
Hurt, Scared, Frustrated, Confused, Insulted,  
Betrayed...***

- Develop self confidence
- Nurture your strengths
- Recognise healthy and unhealthy relationships

**Mondays 10.30am-12.30pm**

**30 April - 4 June 2018 (6 wks)**

**At 55 Thornley St Leichhardt (cnr Cary Street)**

**Cost: \$60 (concession \$30)\***

Payment is required on booking

*\*Fees negotiable if difficult to pay*



 lwchc  @lwchc [www.lwchc.org.au](http://www.lwchc.org.au)  
 **Leichhardt Women's  
COMMUNITY HEALTH CENTRE**

LWCHC is funded by Sydney Local Health District

**call us to make your booking**

**9560 3011**

**or email [info@lwchc.org.au](mailto:info@lwchc.org.au)**

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