



ASSERTIVENESS SKILLS TRAINING

Join us for a 3.5-hour in-person workshop on assertiveness skills training

ASSERTIVENESS SKILLS AIM TO:

- Increase effective communication of feelings, wants, and needs
- Help use confident body language
- Maintain respect for self and others

WORKSHOP GOALS:

- Identify characteristics of passive, aggressive, passive aggressive, and assertive communication
- Learn about the relationship between emotion regulation and effective communication
- Learn a variety verbal and non-verbal assertiveness techniques
- Learn about healthy boundaries

Workshop 1: May 9, 2025

TIME: 12:30–4:00 PM

PLACE: 790 Bay St., Suite 508

Registration Opens:

March 31, 2025

Workshop 2: Jun 20, 2025

TIME: 12:30–4:00 PM

PLACE: 790 Bay St., Suite 508

Registration Opens:

May 5, 2025



Registration for this workshop is required. To register, call 416-260-1315 ext. 0 to speak with the Mental Health Program administrative assistant. The workshop is first come first serve. Light snacks and refreshments will be provided.