



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

2025 Workshops Dates:

Friday, July 25

Friday, September 5

Friday, October 17

Friday, November 28

Workshop Times:

12:30pm–4:00pm



You may self-refer by calling 416–260–1315 ext. 0. You will be added to the waitlist and contacted when there is a spot available.

Light snacks and refreshments will be provided.