



ASSERTIVENESS SKILLS PRACTICE WORKSHOP

Join us for a dynamic 3.5-hour in-person workshop where we will practice assertiveness skills

Please note that all attendees will be required to actively participate

Prerequisite for the Workshop:

- Watch the 'Assertiveness Webinar' on the Taddle Creek Website (<https://taddlecreekfht.ca/mental-health-webinar-january-2026-2/>) or have completed the Assertiveness Skills workshop in 2025

WORKSHOP GOALS:

- Review the material discussed in the 'Assertiveness Webinar'
- Engage in discussion on the 'Window of Tolerance'
- Practice using 'I' Statements
- Practice using an assertive communication tool (DEAR MAN)
- Explore ways of coping with undesired outcomes of assertive communication

2026 Workshops Dates and Times:

Thursday, May 14th - 12:30-4:00 pm

Thursday, September 17th - 1:00-4:30 pm

Location:

790 Bay St., Suite 306



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.