

**Come out and enjoy the
EXPERIENCE!**

When: Wednesdays
3:30 pm to 5:30pm

January 13, 2010

Where:
Haisla Health Center

Snacks provided

**You will receive a
Certificate of attendance**



Kitimat Child Development Centre
1515 Kingfisher Avenue
Kitimat, BC V8C 1S5
Phone: 632-3144
Fax: 632-3120
E-mail: info@kitimatcdc.ca
Website: www.kitimatcdc.ca

Funding generously provided by the Ministry
of Children and Family Development.

*Teens Need
Teens*



Communication

101

Do your friends come to you with their problems?

Do you want to know how to respond?

Do you wonder about what to say when they ask for advice?

Do you want to know how to communicate better with friends, family, bosses etc.?

Learn how to take responsibility for what you say.

Find out what blocks communication.

Learn how to use empathy with your friends and family.

You will also have the opportunity to meet community services providers to learn more about the programs that Kitimat has to offer.

Then this 12 week program is for

you!

We know that teens reach out to other teens to help them solve their problems.

This program will allow you to develop skills to help yourself and friends with problems as well as communicate effectively with others.

For more information regarding this program please contact:

**Dee Dee Tashoots
639-9361 Ext 304**

OR

**Luiza Couto
632-3144 Ext 30
Email: lcouto@kitimatcdc.ca**

Name: _____

Address: _____

Phone Number: _____

Cell Phone Number: _____

Email: _____

School: _____

Any concerns we should know about:

Parent Signature: _____

Please return this portion of the form to:

Dee Dee Tashoots at the Haisla Health Clinic by January 12 2010 or show up at the Health Center on January 13 at 3:30pm!