

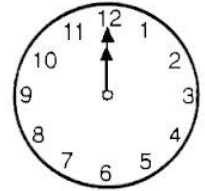


Phoenix Programs, Inc.

# Weekly Workshop



## Communication and Problem Solving



**Every Thursday 12-1PM**



**Where? Phoenix Programs, 90 E. Leslie Lane, Columbia, MO**

**Who?** Adults who want more effective strategies for interpersonal communication & problem solving

**For home, work, school, or in the community you can learn to**

- Communicate & be more likely to get what you want..
- Avoid blame & focus on solutions.
- Break complicated problems into doable steps.
- Create positive change strategies in yourself or in relationships

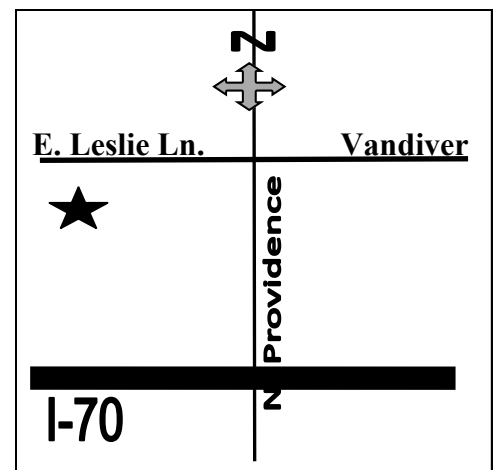
**Come as often as you like. Develop/practice skills for change.**

Click on [www.phoenixprogramsinc.org](http://www.phoenixprogramsinc.org)

**Register with Heather Harlan, CRPS**

**hharlan@phoenixprogramsinc.org**

**573-875-8880 x 2142 (leave your name & contact info)**



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