

Call 1.800.264.9224 or go to www.gearparentnetwork.org to Register Today!

“Building Stronger Families Through Effective Communication”

Presented by Heather Williams, CFPS, Regional Parent Support Coordinator

February 6, 2025 from 6p-8p

Virtual and in person Windham Public Library, 217 Windham Center Rd, Windham



Effective communication skills are vitally important for thriving family relationships. Using tools such as non-violent and non-verbal communication can improve our ability to resolve conflicts that arise and strengthen bonds within families. As parents, we can master these skills and model them for our children. Join us for an educational afternoon that will cover the various strategies that are at the heart of good communication.

This workshop is available by webinar via Zoom™ and in person at Windham Public Library, 217 Windham Center Rd, Windham

Please pre-register to attend online go to www.gearparentnetwork.org to register.



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Facilitated by parents for parents. We offer unconditional support: no blame, no shame, and no judgment!
We want you to know that you are not ALONE!

Administration: 10 Caldwell Rd, Augusta, Maine 04330 • 207.626.3448 (voice & TTY); Fax 207.626.3453