

HELP is on the way!

How to Offer, Give and Receive Help

A One-Day Interactive Workshop:
Friday, October 20, 2017 OR Saturday, October 21, 2017

We all love to help, but it can be frustrating. Avoid being resented, resisted or refused, at home, at work or with friends.

Why is help not always helpful? Listen, learn and connect with others to offer or receive help.



REGISTRATION:

Date: Friday, October 20, 2017 OR
Saturday, October 21, 2017

Time: 9:00am – 3:00pm

Location: Leonardo da Vinci Centre,
8370, boul. Lacordaire, Saint-Léonard, QC

Register early, space is limited!

**Register by August 25th to be entered for an EARLY
BIRD prize!**

To Register, please email info@reisa.ca

15\$ Registration fee; lunch is provided

Open to community groups, health professionals,
youth 16+, seniors and families

This workshop is being offered by
the East Island Network for English
Language Services-REISA in
partnership with Concordia
University, Department of Applied
Human Sciences, Graduate Program
in Human Systems Intervention.



For more information:

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