

# Compassionate COMMUNICATION

THE SURPRISING PURPOSE OF ANGER



*Parents can tell but never teach, unless they practice what they preach. - Arnold H. Glasow*

**COMPASSIONATE COMMUNICATION IS AN OPPORTUNITY TO BECOME AWARE OF THE THOUGHTS, WORDS AND BEHAVIORS THAT DISCONNECT US FROM OURSELVES AND EACH OTHER.**

DURING THIS CLASS WE WILL BEGIN TO GET CLEARER ABOUT HEALTHIER SOCIAL EMOTIONAL BEHAVIORS, WHILE LEARNING ABOUT BEHAVIORS THAT REQUIRE MINDFULNESS IF WE ARE GOING TO BE EXAMPLES FOR OUR CHILDREN.

**Thursdays, January 18th-March 1, 2018**

**6:00-8:00 p.m.**

**Taught by Rick London**

**\$25**

**Del Mar Elementary School Library**

**501 Sequoia, Morro Bay**



Parents are encouraged to find their own childcare. The Adult School will provide childcare if needed. Space is limited. Call the Adult School for information.

United Way of  
San Luis Obispo County

**Register at [ae.slcsud.org](http://ae.slcsud.org) or call 805-549-1222**