

# Let's talk about...

13 APRIL 2023 / 5:30 PM-7:30PM / Downtown Deli/Top Shelf

## Potential Attendees

Since this is a four part series and we will be building off of the previous lesson each time we ask that you commit to all 4 lessons.

## Agenda for Lesson 1: Let's talk about: Asserting and Communicating your Rights

### First Meeting opening

1. We will learn how to be assertive in your communication style.

### New Business

2. You will role play the different communication styles and learn about how to listen to the opinions of others while still having your opinion heard.
3. You will learn how to script a conversation that you want to have with a friend, family member or someone in your circle of trust.

## Notes

- We will review your rights and give examples of how to best communicate them to others.

## Action Items

1. This will be an interactive lesson, come willing to learn and share.

## Next Meeting Agenda

The second lesson in the series will focus on how to be a harder target to reduce your chance for abuse or neglect.