

## Building Confidence and Assertiveness

Date: April 16, 2025 Time: 8:30 am - 12:00 pm Location: Sal Del Rey Room Workshop #361663

## Goal Setting & Getting Things Done

Date: May 14, 2025 Time: 8:30 am - 12:00 pm Location: Sal Del Rey Room Workshop #361667



## **Public Speaking**

Date: June 4, 2025 Time: 8:30 am - 12:00 pm Location: Sal Del Rey Room Workshop #361669

## All workshops will be held at Region One.

HOSTED BY THE COUNSELING & MENTAL HEALTH DEPARTMENT FOR MORE INFORMATION CONTACT TANA ARMITAGE AT (956) 984-6069