

General Development & Guitar

For more information call Tima @ 604-523-5410 ext: 5421 or email tburgess@ufcw247.com
UFCW 247 Training and Education Centre
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Study Smarter, Not Harder

- Use the genius inside you
- Expand your memory capacity
- Energize your brain

Tues. Jun 08-Jul 13/10 6:00-8:30pm

Emergency Preparedness:

This course is an introduction to emergency preparedness for at home or the workplace. Participants will learn how to make an emergency kit, how to hazard proof their space, and what to do in the event of a major disaster. Saturday, July 10, 2010 9:30am-12:30pm

Public Speaking:

The no. 1 fear is public speaking – so you are not alone. There are no secrets, and there is no special qualification you must possess to be an effective public speaker. . Learn how to overcome your fear, prepare a speech and deliver it effectively.

Weds. Apr 28-May 12/10 6:00pm-8:30pm

NEW Positive Parenting Series

- Suitable for parents of children 2-8yrs old
- Learn their basic development stages
- Better understand their behaviour
- Learn effective parenting strategies

Tues. Jun 29-Aug 03/10 7:00-9:00pm

NEW Effective Communication in the Workplace: In today's workplace, employers consider effective communication skills to be essential for all employees. This course will provide you with an excellent opportunity to explore the broad field of effective communication, with an emphasis on giving clear messages, inspiring cooperation, decision-making and problem solving and negotiating skills which lead toward more mutually satisfactory solutions. Tuesdays, May 04-May 25/10, 6:30-8:00pm

NEW Managing Your Emotions: Feeling irritated, frustrated, and stressed are important signals, but how we deal with them, express or deny them, may work against us. Examine the ways that we automatically respond to certain feelings and how this can affect your behavior. Identify your triggers and develop an effective strategy for using feelings positively. Learn to use these emotions to your advantage both at home and at work. Saturdays, May 29 & June 05/10, 10:00am-2:00pm

NEW Balancing Work, Family & Self: Do you love your family and your work but hate your life? Do you feel overwhelmed by your many responsibilities? When you are at work, do you worry about your family, and when you are with your family, do you worry about work? In these sessions we will discuss how to tell if your life is overburdened and what to do about it. We will also share some practical exercises that will help you to create a more satisfying balance in your life. Tuesdays, June 01-June 22/10, 6:30-8:30pm

NEW Couples Communication: Unrealistic beliefs and expectations can interfere with healthy communication between partners, sometimes creating anger and resentment. In this workshop, we look at family of origin, culture and society to better understand how/why these beliefs and expectations get created. We will also work on improving communication skills and introduce many strategies for dealing with conflict by using group and couple exercises, and role playing. Have fun while creating loving and respectful ways of being with your partner. Wednesdays, June 02-June 23/10, 6:30-8:30pm

Beginner Latin Guitar: With Pablo (*Children over 12 yrs old are welcome*)

Come join Pablo to learn basic guitar skills with a Latin influence.

Mondays, May 31-Jul 05/10, 6:00-7:30pm OR Mondays, Jul 19-Aug 30/10, 6:00-7:30pm

Must bring own acoustic guitar (We do have one Adult guitar available as a loaner)