

Wednesday, March 14th
5:30-7:30pm

Communicate with Respect

“One of the most sincere forms of respect is actually listening to what another has to say.”
~ Bryant McGill

Prepare to be heard and have a space to problem solve together on ways to foster more respect within family communication at home. Tarrah will teach you using the latest brain science, how respectful communication supports emotional regulation and how emotional regulation supports respectful communication!

Meet our Facilitator...

TARRAH S. HARNDEN, MA, LMFT

Tarrah S. Harnden is a Licensed Marriage and Family Therapist and holds a Master's degree in Clinical Psychology. She has been working with children, teens, and families for over 11 years.

Tarrah is also a Registered Yoga Teacher and has specialized training in helping people heal that have been negatively impacted by trauma. She works part-time for Lassen Counseling in Yreka and is a full-time mom to her new baby girl.



Location:
Yreka Community Resource Center
201 S. Broadway, Yreka

To register, please call the Yreka CRC at 842-1313. Dinner and child care are provided!
This workshop is free due to the generous sponsorship of these community partners:

