

# Constructive Conversations *and* Quality Relationships



*with*  
**Ernie Mendes, PhD**

Relationships are the foundation for success in everything that you do as a parent, educator, and provider.

Join us in this learning opportunity to strengthen communication skills and build, nurture, and maintain productive relationships even in the most challenging situations. You'll learn the science of effective relationships and practical ideas to use immediately at work and at home.

Questions?  
530.918.7222

**DECEMBER  
8<sup>TH</sup>**

**JANUARY  
19<sup>TH</sup>**

Virtual classes  
all at  
2:45pm - 5:00pm

Register at: <https://www.surveymonkey.com/r/EMendes22-23>

