



## Beat the February Blues

***Believe that you can apply your talents and learn new ways to advance on a job-search path, and you are operating with realistic optimism.***

**Workshops include: Communication Skills, Anger Management, Stress Management, Building Positive Relationships, Building Self Esteem**

**Tuesday, Wednesday, Thursday  
February 25, 26, 27, 2020  
9:30 am – 12 noon, 1:15 pm – 3:15 pm**

**For more information or to register, ask for Susan**

101-4624 Greig Avenue, Terrace BC

Phone: (250) 638-8108 Toll Free: 1-877-638-8108

Email: [info-terrace@workbc.ca](mailto:info-terrace@workbc.ca)

Website: <http://www.workbccentre-terrace.ca> Facebook: WorkBC Terrace

