

**Speak so others may listen**



**Listen so others may speak**

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**A workshop to practice  
Compassionate Effective Communication\***  
*with Philomena Moriarty*

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**Saturday September 29, 2018**

**9:30 am - 4:30 pm**

**405 Washington Ave. in Albany**

Please register by September 24. Sign up in Channing Hall (Albany UU), or send an email with your contact information to [registration@albanyuu.org](mailto:registration@albanyuu.org)

For more information contact Albany UU at 518-463-7135 or Philomena at 518-788-7007.

**\*Uses principles of Nonviolent Communication**