MENTAL HEALTH AMERICA OF DUTCHESS COUNTY, INC.

***COMMUNICATION TRAINING***

* Identifying Strengths/Challenges
* Effective Communication Techniques
* Problem Solving
* Goal Setting
* Verbal and Written Communication
* Body Language
* Listening Skills
* How to Request & Accept Help
* How to Negotiate
* Assertiveness Skills
* Role Playing
* Accepting An Answer Not Expected
* Understanding Feedback
* Community Resources