

**FREE!
EVERYONE IS
WELCOME!**

Effective Communication for Newcomers

**Listening, Understanding, and Being
Understood in the Canadian Workplace**

Join us for a workshop on active listening, understanding workplace communication, and enhancing self-awareness. Newcomers will learn strategies to improve the communication skills needed to succeed in the Canadian workplace.

Berta Gomez & Tammy Hoekstra
*Mentorship for Rural Immigrants program,
Bow Valley College*



WEDNESDAY
NOVEMBER 4, 2026



5:00 PM TO 7:00 PM



Wills Community Hall
405 1st Street East,
Cochrane AB (2nd floor)

To register, scan the QR code
or email
project.lead@CISCcochrane.com



**Bow Valley
College**

**for
good** CONSULTANTS

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**GRASSROOTS
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