

# SEPTEMBER 2022

## Open Communication

### The importance of communication

Using open and effective communication skills can benefit you at work and at home. We can help you learn more about opening up in a healthy way.

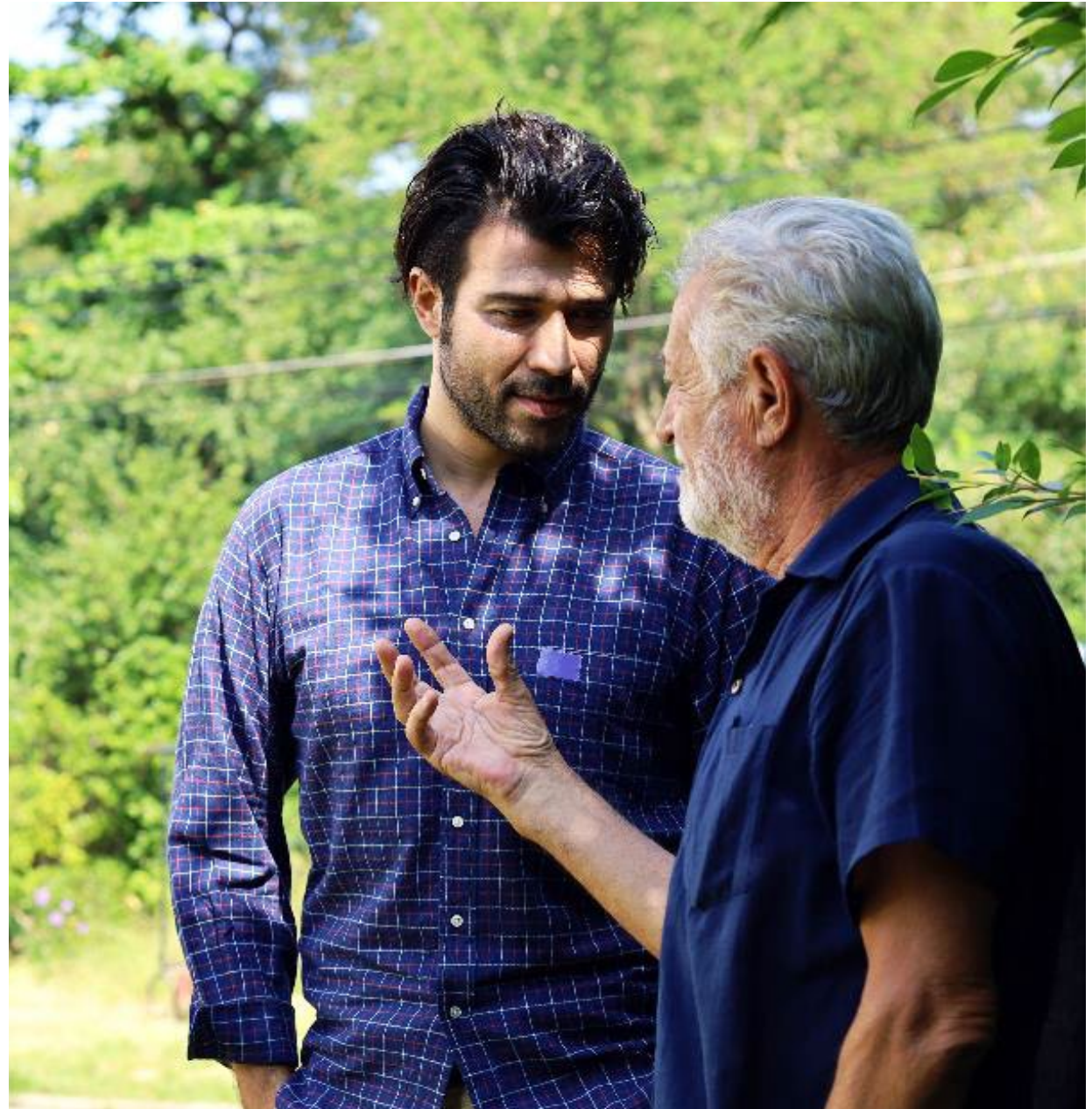
### LET US HELP

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