



My Tu, LMFT is a therapist with the **Feeling Good Institute** who specializes in working with youths and parents to help encourage healthy communication.



Michelle Li is a registered associate marriage and family therapist practicing at the **Feeling Good Institute**. Also experienced in school-based therapy and parenting, she looks forward to meeting everyone.

Hosted by the Parenting Continuum

<https://www.parentingcontinuum.org/>



"Find us in the library!"
R.J. Fisher Middle School
 19195 Fisher Ave,
 Los Gatos, CA 95032



Tuesday, 4/30/24
 7:00 PM - 8:30 PM

SAVE
 THE

DATE: 4/30/2024

"5 Secrets to Effective Communication"

Communication with elementary and middle school students can be really challenging. In this lecture, **My Tu** and **Michelle Li** share 5 secrets to effective communication, a powerful method of empathizing, de-escalating conflictual/tense situations, and generally deepening closeness.



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