



**My Tu**, LMFT is a therapist with the **Feeling Good Institute** and eager to share her insights with you 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.



the *parenting*  
CONTINUUM

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