



# *An Invitation*

## To become a better communicator

This is an opportunity to learn how to improve your communications skills – on the job, at home, in the community, at your own pace.

**NEW LOCATION**

**JOEY B'S**

Please join us on the first and third Thursday of each month beginning on September 15, 2005, at Joey B's

1629 Capitol Avenue, Sacramento

6:45 to 7:55 a.m.

- There is free parking before 8 am
- You can miss the morning traffic!
- Your evenings will be free!
- You can order your coffee and pastry right there at Joey B's and start your morning all charged up!

*For more information: [www.nofearspeak.com](http://www.nofearspeak.com)  
Pam Montague at [pmontague@dhs.ca.gov](mailto:pmontague@dhs.ca.gov) or  
Maria Trujillo-Tough at [Mtrujill@dhs.ca.gov](mailto:Mtrujill@dhs.ca.gov)*