

Northern Hope Center

April 2021 Newsletter

A Safe Place to Be

northernhopecenter.org



Empowerment with Life Skills

🦋 Our Program Director Cessnie explained



important life skills to members this month. Members learned about passive, aggressive, and assertive communication in different situations. After the class, NHC President Kathy and member Connie created

a skit on TikTok. The video explains the differences of tone for each communication style. Check out the video at [Northern.hope.center](https://www.northern.hope.center) on TikTok.

Easter Brunch Celebration

🦋 The first week of April, members were greeted with festive decorations and sweets for Good Friday. The brunch consisted of ham, mac and cheese, and cooked cabbage. Afterwards NHC members watched nostalgic movies and socialized.



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Nhcfairbanks

Want to donate to NHC?

You can donate to NHC via PayPal or check.

Questions? Contact info listed to the right.

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