Although we in NYC are lucky to live and work side by side with people of many different cultures, those differences can sometimes be stressful and create barriers to good communication. This workshop will explore shared elements among all cultures and how we can find common ground with people whose cultures are different from our own. We will each consider our own personal backgrounds to better understand the barriers they create for us. We will also examine basic beliefs and ideas of cultural sensitivity, cultural humility, and cultural empathy.

The workshop will be led by Elaine S. Gould, MSW, founder and principal of Aging Awareness Initiatives.

*Light lunch will be served from 11:30-12:30. Metrocard provided.