

**Have trouble getting your point across?
Don't just focus on being right— BE EFFECTIVE**

Communicating through Conflict

Nine 3-hour workshops

REGISTER by calling 250-383-4412 or online at www.dialogueandresolutionservices.ca		Foster Parents' Support Boardroom 145-735 Goldstream Ave
Conflict Basics	September 5	1 pm to 4 pm
Conflict Styles	September 12	1 pm to 4 pm
Active Listening	September 19	1 pm to 4 pm
Assertiveness	September 26	1 pm to 4 pm
Boundaries	October 3	1 pm to 4 pm
Managing Strong Emotions	October 10	1 pm to 4 pm
Culture and Conflict	October 17	1 pm to 4 pm
Power and Conflict	October 24	1 pm to 4 pm
Putting it all Together	October 31	1 pm to 4 pm

- Learn new ways to communicate and manage conflict.
- Open to adults of all ages and abilities.
- Each seat is valued at \$45. Subsidies are available; apply for funding through the office at 250-383-4412.
- Certificates of completion for attendance at all nine sessions.

