

Do you want to:

- ✓ Peacefully resolve conflicts you have with others
- ✓ Effectively mediate conflicts between others
- ✓ Foster healthy, satisfying relationships at work, home and in the community?

Every day our homes, schools, work offices and communities experience conflict. Unfortunately, most of us have been taught that conflict is bad – something to be avoided. We either run from it, face it with fists in the air, or we take the submissive route, incapable of an outcome that meets everyone's needs.

Workshops are FREE to the public.

2nd Friday of every month

12:00 – 1:00 brown bag lunch

Community Cornerstone building Conference Room

120 E. Jones St. Santa Maria

January 22	June 11
February 12	July 9
March 12	August 13
April 9	September 10
May 14	October 8

To register or for more information call:

805.349.8943



Transform inevitable conflicts at work, home, school and in your community into connection and understanding

1 hour free Introduction

Imagine having the conflict resolution skills to defuse conflict right in the moment, whether with a boss, neighbor, spouse or even a complete stranger.

What if you had the skills to clearly express what you want to others in a way that strengthened your relationships rather than led to disconnect or resentment?

Conflict Solutions Center's Training Series Teaches Effective Conflict Resolution Skills to:

- Defuse emotionally charged situations
- Get to the heart of conflicts and disputes quickly
- Prevent future pain and misunderstanding
- Efficiently address concerns in the moment
- Move beyond power struggles to co-operation and trust
- Initiate difficult conversations with ease

Conflict Solutions Center 120 E. Jones Street, Suite 133, Santa Maria, CA 93454

Tel 805.349.8943 Fax 805.349.8963

www.cscsb.org