



The Conflict Center's mission is to prevent physical, verbal and emotional violence by partnering with individuals and communities to shift perceptions, attitudes and behaviors through education and skill-building.

The Conflict Center is a community based organization with over 25 years experience in teaching communication and conflict management skills to prevent violence. The core skills that The Conflict Center teaches have evolved and grown with the addition of innovative strategies such as social norming, restorative justice and strengthened evaluation methods that keep The Conflict Center at the forefront of violence prevention. This has enabled The Conflict Center to provide high quality skill building services to individuals, families, schools and communities.

At The Conflict Center have expertise in the following areas:

- Conflict Management
- Anger Management
- Conflict Coaching
- Restorative Justice
- Social Norming
- Parenting
- Emotional Intelligence
- Team Building

Skill building programs:

1. Youth and Adult Anger Management Class Series

The Conflict Center offers Emotional Intelligence and Critical Decision Making classes, an 8 week series designed for youth ages 11-18. This skills-based curriculum address challenges that youth may experience around making healthy decisions, recognizing their emotions and managing them in non-violent ways. There is also a female specific Discovering Your Inner Strength (DYIS) series that includes topics such as body image and dating violence.

The Conflict Center offers Transforming Anger and Conflict into Allies (TACA), a six week series for adults that provides realistic alternatives to arguing and fighting. Participants learn ways to manage anger and ways to approach conflict as a force for positive change.



Skill building programs:

2. Smart Parenting

Smart Parenting is a six week series that teaches practical skills with a unique experiential focus to help improve parent-child relationship.

Smart Parenting includes topics such as: problem solving for families, redirecting children's misbehaviors and managing anger

3. Workshops & Groups

The Conflict Center offers workshops for organizations and businesses to strengthen working relationships and build productive workplace cultures. The workshops offered are: Effectively Managing Conflict in the Workplace and Building a Restorative Community.

4. School Program

The focus of the School Program is to create school cultures that foster academic excellence while supporting the development of social and emotional skills. The Conflict Center School Program consists of a menu of services to fit the individual needs schools. Components of the School Program emphasize communication, respect, shared understanding, the importance of relationships, problem-solving, taking responsibility for one's actions and the consequences of those actions, and the creation of an inclusive community. The Conflict Center also offers restorative justice training and facilitation as well as classroom management training for teachers.

5. Positive Peer Norms

Positive behavior should be the norm, not the exception, to prevent actions such as bullying or peer pressure in schools. That's what social norming is all about and The Conflict Center can help schools get there. Social norming is a strength-based approach that builds upon positive behaviors students already incorporate into their daily lives. Social norming works by identifying gaps between actual positive behavior and inaccurate or negative perceptions of their peer's behaviors and create "positive peer pressure." The Conflict Center has 8 years of experience conducting social norming campaigns at the high school level on bullying and teen dating violence.