



**South  
Island  
Dispute  
Resolution  
Centre**

**Workshops Fall 2013**

**Communicating Through Conflict**  
*Effective Conflict Management & Communication courses*

**Money Talks**  
*Understand and Talk About Money More Effectively*

These workshops help people learn new ways to communicate, manage conflict, and understand money  
The **3-hour sessions are** open to adults of all ages and abilities.

**Each seat is \$45.**

If you can not afford the fee, you can apply for funding through the office.

Contact us at **250-383-4412** for details.

*Certificates of completion will be given to those who complete all sessions in each series.*

<b>REGISTRATION @</b> <b>sidrc.eventbrite.ca</b> <b>Or call 250.383.4412</b>	<b>DOWNTOWN</b> Victoria Foundation Boardroom #109 - 645 Fort St	<b>WESTSHORE</b> Foster Parents Support Services Boardroom 145-735 Goldstream	<b>SAANICH</b> Gordon Head Rec Room #1 4100 Lambrick Way
<b>COMMUNICATING THROUGH CONFLICT (7 three hour workshops)</b>			
<b>Conflict Basics</b> **Participation in this session is required to take the other sessions.	Sept 10 and Sept 24 1— 4 pm	Oct 3 and Oct 24 12:30—3:30 pm	Sept 11 and Oct 9 6—9 pm
<b>Conflict Styles</b>	Sept 17 1— 4 pm	Oct 10 12:30—3:30 pm	Sept 25 6—9 pm
<b>Active Listening</b>	Oct 1 1— 4 pm	Oct 17 12:30—3:30 pm	Oct. 2 6—9 pm
<b>Assertiveness</b>	Oct 8 1— 4 pm	Oct 31 12:30—3:30 pm	Oct 16 6—9 pm
<b>Managing Emotions</b>	Oct 15 1— 4 pm	Nov 7 12:30—3:30 pm	Oct 23 6—9 pm
<b>Culture and Power</b>	Oct 22 1— 4 pm	Nov 14 12:30—3:30 pm	Oct 30 6—9 pm
<b>Putting It All Together</b> **Participation in all other sessions is required to take this session. Certificates awarded.	Oct 29 1— 4 pm	Nov 21 12:30—3:30 pm	Nov. 6 6—9 pm

Do you have trouble  
making your point?

Are you looking to  
improve your  
communication or  
conflict management  
skills?

Are you ready to learn  
new skills and tools  
for working through  
difficult  
situations?

**Communicating  
Through Conflict  
Workshops Can Help!**



<b>Money Talks</b> <b>(Three, 3 hour workshops)</b>	<b>DOWNTOWN</b> Victoria Foundation Boardroom #109 - 645 Fort St	<b>WESTSHORE</b> Foster Parents Support Services Boardroom 145-735 Goldstream	<b>SAANICH</b> Gordon Head Rec Room #1 4100 Lambrick Way
<b>Collaborative Money Conversations</b> Income & Budgeting, Conflict Styles and Collaboration. **Participation in this session is required to take the other two sessions	Nov 5 1— 4 pm	Sept 12 12:30—3:30 pm	Nov. 13 6—9 pm
<b>Enhancing Our Relationship With Money &amp; Each Other</b> Values, Active Listening Skills, Banking & Saving and Financial Goal Setting.	Nov 12 1— 4 pm	Sept 19 12:30—3:30 pm	Nov. 20 6—9 pm
<b>Credit, Debt &amp; Effective Communications</b> Power & Power Imbalances, Assertiveness, Un- derstanding Credit & Debt.	Nov 19 1— 4 pm	Sept 26 12:30—3:30 pm	Nov. 27 6—9 pm

Are you ready to  
manage your  
money and com-  
munication more  
effectively?

**Money Talks** can  
improve your ability  
to manage talk  
about money  
and/or finances  
with other people.