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2051Kaen Rd, Oregon City, OR 97045 Email: rs@clackamas.us Phone: 503-655-8415

Peace is not the absence of conflict but the presence of creative alternatives for responding to conflictalternatives to passive or aggressive responses, alternatives to violence. -Dorothy Thompson

Training Resources/Nuts and Bolts

<u>Mediation Case Studies.</u> Effective Dispute Solutions Mediation Services list a variety of case studies of recently resolved disputes on their website. Names have been changed to observe confidentiality.

Workplace Mediation Online Showcase. Example conflict between office workers.

Opportunities this Week

May 7. Restorative Justice Facilitation Training. Sign up Here

May 7. OMA Roundtable. at 4:00 -5;30 pm. Do-It-Yourself Reframing for Mediators facilitated by Molly Keating Registration: <u>OMA@ORmediation.org</u> to receive an invite. Zoom "space" is expected to fill up quickly! Free for OMA Members.

May 7. Resistance to Mediation Zoom Webinar. Contact Beaverton Center for Mediation and Dialogue. For more information.

May 7th - June 11th. Online Compassionate Listening Intensive: Healing Our World from the Inside Out w/ Laurie Archbold & Tom McSteen. Thursdays 11:00 am - 1:15 pm Pacific (6 - 8:15 pm GMT) 6 sessions on Zoom. <u>Click here</u> to learn more and register.

May 8. Intercultural Conflict Resolution workshop through Beaverton Center for Mediation and Dialogue. The trainer has agreed to offer it remotely on Zoom! This training is only appropriate for volunteers who have completed their Basic Mediation Training. <u>RSVP is</u> required.

May 14. Responding, Not Reacting Workshop

When faced with stress, conflict and adversity, we often struggle to be our best. This workshop helps us explore why this happens to us and ways to find our way back to being stronger and more compassionate. Thursday, from 3-4:30 pm Eastern Time. Click <u>here</u> to register!

Bridges Academy Courses on Conflict Management. A variety of multicultural dispute resolution and best practices in resolving conflicts workshops.

How to Register Volunteer Hours

Keep track of your volunteer hours. Log in your Continuing Education hours as we listen to podcasts, videos, etc. To log CE hours, volunteers can access the regular google form at this link: <u>http://bit.ly/2IGxDSs</u> Use "Debrief and Education hours". If there is any content relating to Ethics or Confidentiality, click those boxes as appropriate. Then put the general subject under "other".