

# CCRS

## Online Mediation Resources

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**April 29, 2020**

## Opportunities this Week

### **April 29 Self-Care Webinar series from Lane CDR**

Weekly Empathy with Mark Roberts Wednesdays, April 15, 22 & 29 (Zoom) Mindfulness in Communication and Conflict with David Gubernick Thursday, April 16, 2pm-3pm (Zoom) Dealing with Anxiety, Stress, Uncertainty Dates TBD, 3rd/4th week of April (Zoom) [SIGN UP HERE!](#)

**April 30 or May 7.** Restorative Justice Facilitation Training. [Sign up Here](#)

**April 30 OMA Roundtable is Remote Resolution: Pitfalls, Tips and Tricks, facilitated by Chris Sheesley, President, In-Accord Inc. Free for OMA Members.**

Registration: [OMA@ORmediation.org](mailto:OMA@ORmediation.org) to receive a Zoom Meeting invite for Thursday April 30th at 4:00pm. Zoom "space" is expected to fill up quickly! Check OMA's Calander for upcoming events: <https://ormediation.org/calendar/>.

**May 1 Compassion Circles - Free, Online w/ Laurie Archbold & Gil Bar Sela. Staring May 1, Every Friday, noon - 1:30 pm Pacific time; Drop in sessions on Zoom; more sessions coming soon. [Learn more and sign up](#)**

**May 7 Resistance to Mediation Zoom Webinar .** Contact city of Beaverton Dispute Resolution Services. [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. [Click here](#) to learn more and register**

**May 8 Intercultural Conflict Resolution** workshop through Beaverton Dispute Resolution Services. The trainer has agreed to offer it remotely on Zoom! This training is only appropriate for volunteers who have completed their Basic Mediation Training. [RSVP is required.](#) .

## 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: <http://bit.ly/2IGxDSs> 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”.

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

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