
What is the Conflict Management Workshop?

The Conflict Management Workshop was developed by the Elizabeth Fry Society to identify and enhance skills that will enable women to handle the conflicts of daily living in a healthy and appropriate way.

Many women have difficulty recognizing and acknowledging areas of conflict in their lives. The Conflict Management Workshop investigates potential areas of conflict and offers coping tools and techniques that give women the opportunity to deal with conflict in a constructive, not destructive, way.

The Conflict Management workshop is offered in a series of four modules (all four sessions *must* be attended). All of our workshops are designed specifically for women and are delivered in a safe and supportive environment.

There is a \$75.00 registration fee
Please ask about our payment options

What will the Conflict Management Workshop offer me?

The Conflict Management Workshop uncovers indicators that can identify areas of conflict in our lives. It then explores constructive methods of managing conflict in the most appropriate ways that will enhance our lifestyles and increase the quality of our relationships.

If you are enrolled in the conflict management workshop, you will have the opportunity to explore and discuss some issues surrounding the mechanics of conflict with others who are experiencing similar concerns. We present a series of exercises and discussions that help you discover how to address conflict in a way that works for you.

The principal topics covered in the Conflict Management Workshop include:

- Conflict as a fact of life
- Myths about conflict
- Identifying conflict stages
- Constructive conflict action
- Five styles of conflict management

When is the next program being held?

Please phone 454-5041 Ext.24 to inquire about the upcoming dates for The Conflict Management Workshop



**Elizabeth Fry Society
Mainland Nova Scotia
2352 Gottingen St.
Halifax, Nova Scotia
B3K 3B9**

***FOR MORE INFORMATION
PLEASE PHONE:***

454-5041

Ext. 24

*visit our website @
www.efrynovascotia.com*

OUR MISSION STATEMENT:

Our Society continues to work with, and on behalf of, women in conflict with the law by:

Responding to the needs of women in prison

Developing programs and services in the community for women who have been charged with offences and women at risk of coming into conflict with the law

Encouraging public awareness and understanding of issues related to women in conflict with the law

Lobbying for the improvement of conditions for women in local penal institutions

Lobbying for changes in the criminal justice system

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Phone: 454-5041 Ext. 24

Fax: 455-5913

email: efrymain@efrynovascotia.com

visit our website www.efrynovascotia.com

PLEASE HELP US HELP!!

Support Us: As a non-profit organization we need donations and community support. All donations are tax-deductible. Also you can have planned giving in your will.

Become a Volunteer: From our Management Team (board) to the One-to-One Program; volunteers are essential.

Help us to Educate Others: If you belong to a local organization or club, invite us to speak at your next meeting.

Take Out a Membership: You will receive newsletters and a vote at the annual general meeting.

Membership Application

Name

Address

Postal Code

Phone Number

Waged \$25 ___ Unwaged \$5 ___

Group \$50 ___ Corporate \$100 ___

Sustaining \$100 ___

* I do not wish to become a member, but would like to make a donation _____

**THE ELIZABETH FRY SOCIETY OF
MAINLAND NOVA SCOTIA**

**CONFLICT
MANAGEMENT
WORKSHOP**



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