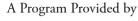


Santa Fe Resiliency Center







Innovative Alternatives, Inc.

Finding solutions to life's most difficult people problems through mediation, counseling and training, since 1989!

PLEASE JOIN US FOR

TRAINING



CLASS OFFERED TWICE MONTHLY

2nd Saturday of Each Month 9am – 1pm Fourth Week of Each Month Tues & Thurs Evenings, 6-8pm

> Location Depends on Number of In-Person Attendees

> > Call Us Today 713–222-2525

Or Email Elizabeth Whelan *ewhelan@innovativealternatives.org*

Participants Learn:

- Communication Skills
- Conflict Resolution Techniques
- Initiation of difficult topics without causing others to feel attacked
- De-escalation skills when someone attacks you verbally
- Using these skills builds success in:
 - Family Life
 - \circ Academic Life
 - \circ Work Life
 - \circ Community Life

Sign up for Virtual OR In-Person

We will practice Social Distancing and Wear Mask for in-person Instruction