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November 2, 2017

Thursday Mail News from the Family Resource Center



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Barbara Gurley, Executive Director; Patt Moore, Financial Manager; Patsy Haber, Programs Coordinator, Mentor Program Coordinator; Heather Gladstone, Programs Coordinator, Preschool PIP Coordinator; Libby Valluzzi, Preschool PIP Coordinator; Deborah Bonville, Community Supports Specialist; Contessa Downey, Community Supports Specialist; Alaya Battalia, Community Supports Specialist, LISD Family Advocate; Dixie Budke, Gleaning Program Coordinator, Food Security Specialist

CONFLICT RESOLUTION TRAINING

Thursday, November 9

from 3:30-5:30 pm

with instructor Alan Seid of Cascadia Workshops

Nonviolent communication (NVC) is a world-famous, proven, time-tested set of tools and skills with which you can:

- ✦ Offer compassionate understanding to others and know when and how to ask for it yourself
- ✦ Prevent and resolve misunderstandings and conflicts
- ✦ Speak your truth in a way that is far more likely to lead to harmony than conflict

It is impossible to raise children with out conflicts popping up; sweet treat tantrums, technology, homework, chores, navigating new boundaries as young ones turn to teenagers . This class will help give parents some new tools for communication with their children and for the family as a whole. Alan will primarily be teaching conflict resolution strategies by working through scenarios voiced from the group.

Registration required. To sign up, please contact the LIFRC at 360-468-4117 or barbara@lifrc.org

You Are Invited...

**To the next LIFRC Parent/
Tot Gathering
(ages 0-3)**



10:30-12:00, Tuesday, November 7 at Grace Church Hall.

We'll be setting up a mini obstacle course for kids, doing some other fun hands-on activities, and reading a book together. And as always, we'll have time for socializing!

Feel free to bring older siblings - the more the merrier!

We will have delicious treats and tea.

Project PAL is up and running!



Eligible & active OPALCO members may qualify for up to \$150 in funds each year to be taken off your electric bill