Conflict happens – at home, in the workplace, at school, at a community event, in a meeting, between co-workers, friends, family members, neighbors, business associates, etc. Most conflict can be avoided or resolved through effective communication!

Learn how to communicate effectively to achieve the human need for connection, support, clarity, respect or understanding in a constructive, positive, non-violent way that builds more meaningful relationships and ultimately a stronger community.

To register for this virtual event, visit alexandriamn.org.

Event is open to the public - no charge to attend.