

De-Escalation: Turn Conflict into Connection

Tools for calmer, more connected conversations.



October 15, 2026

FREE COMMUNITY WORKSHOPS

Disagree without disconnecting

Join the Center for Dialog & Resolution for a free, interactive workshop to learn practical skills to stay grounded, listen with curiosity, share your perspective with care and turn disagreements into opportunities for connection.

YOU WILL LEARN:

- Explore why disagreements can be difficult.
- Practice self-regulation when emotions rise.
- Experience deep listening across different perspectives.
- Practice expressing a different view without adding to the tension.
- Take home skills for conversations with family, friends, colleagues and community members.



DATE

October 15, 2026



WORKSHOP TIMES

10 am - 12 noon, in-person
2 - 4 pm, in-person
6 - 8 pm, online, ZOOM
*Choose ONE session



LOCATION

In-person workshops at
Center for Dialog & Resolution
717 Tacoma Ave S., Tacoma



WHO SHOULD ATTEND?

Anyone can benefit from this training. Neighbors, parents, educators, caregivers, community leaders - invite your friends!



FREE

Thanks to our generous community partners.



**All experience levels are welcome.
SCAN to learn more and register.**

