

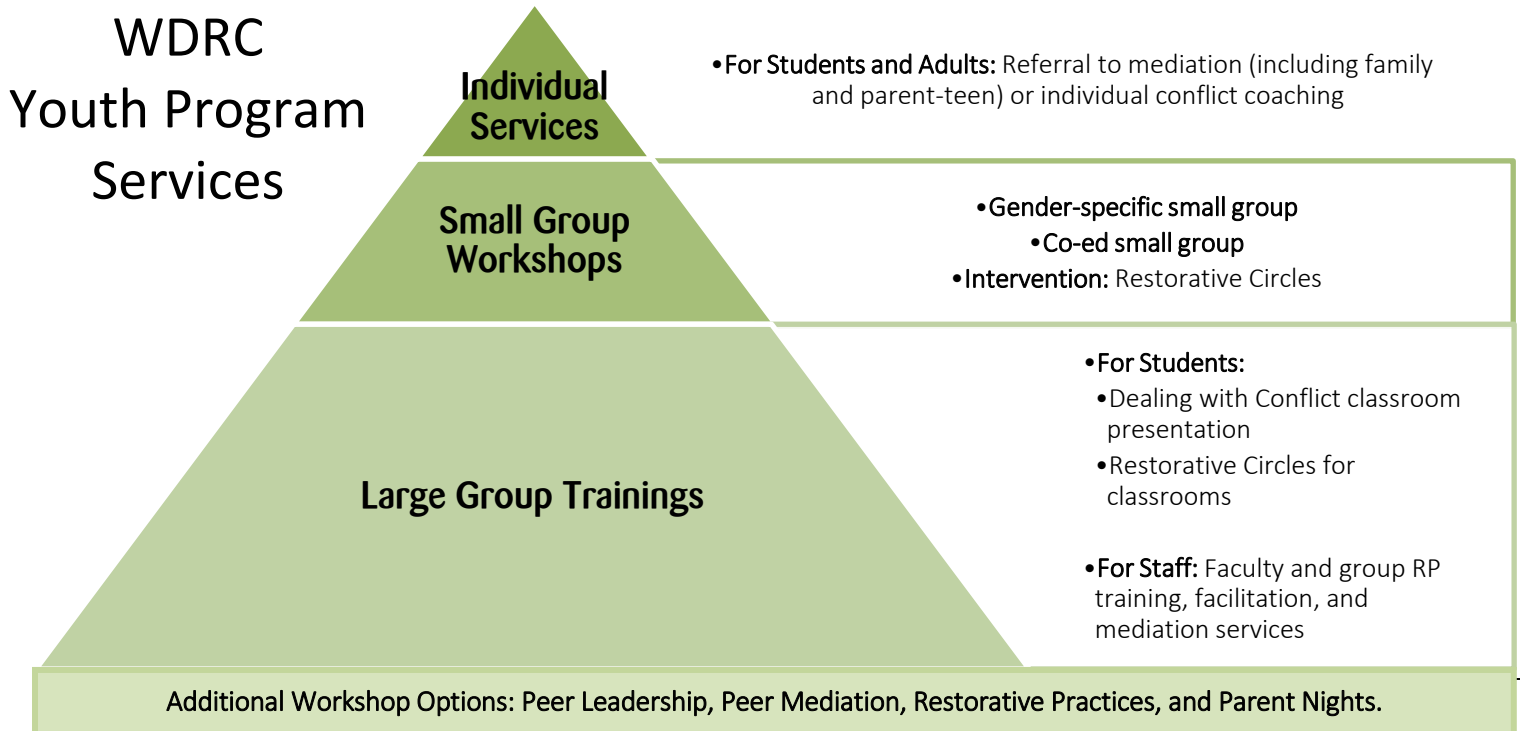


# Whatcom Dispute Resolution Center

360.676.0122 | [whatcomdrc.org](http://whatcomdrc.org) | 206 Prospect Street | Bellingham, WA 98225

## Youth Program Information

The Whatcom Dispute Resolution Center (WDRC) provides **free** and low-cost **conflict resolution workshops** to Whatcom County. Trainings are strength-based, and designed to build **communication, problem-solving, and de-escalation skills**. We also offer **mediation services** that can be utilized by students, parents, and staff.



### **Classroom Presentations: Dealing with Conflict**

**Grades: 4-12    Duration: 3 hours (over 3 days)**

This interactive workshop provides classrooms and larger groups (12-30) with a broad-based introduction to conflict resolution. Using discussion, group activities, and individual reflection, students will learn skills to: assess the needs of others in a conflict; increase personal awareness of stress and techniques to cool down; evaluate strategies to resolve the conflict; use active listening and assertive communication.

### **Small Gender-Specific Groups: Grades: 4-12**

**Duration: 8 hours (over 8 weeks)**

Small group workshops offer participants a safe, structured, and fun place to learn and practice skills using experiential learning alongside individual reflection, and group discussion. At the middle and high school levels, in addition to exploring the basics of conflict resolution, participants examine the influence and impact of gender, violence, and how to be an ally. Small groups can be offered on their own or as a follow up to a classroom presentation.

### **Small Mixed-Gender Group: Dealing with Conflict Grades: 4-12    Duration: 6 hours (over 6 weeks)**

A great option for clubs and small classes, this workshop provides the utility of a classroom presentation with the individualized attention of a small-group. Students will learn the basics of conflict resolution including healthy ways to understand and deal with anger, effective communication, and collaborative problem solving.

**Additional Workshop Options: Peer Leadership, Peer Mediation, Restorative Practices, and Parent Nights.**



# Whatcom Dispute Resolution Center

360.676.0122 | [whatcomdrc.org](http://whatcomdrc.org) | 206 Prospect Street | Bellingham, WA 98225

## FAQ's:

### How much does the youth workshop cost?

We are committed to providing services regardless of ability to pay. We invite school partners to contribute a percentage of the workshop costs and we subsidize the balance through grants. Contact us for more information.

### How many students can participate in the small group workshop?

Based upon our experience, small-group sizes of 4-10 participants have been the most effective.

### Which students can attend WDRC youth programs?

We serve youth in grades 4-12. Groups should be comprised of students within similar age groups and developmental stages. We have found that it works well to have students with **diverse strengths** who can learn from each other. Students must have a staff referral, a signed parent permission form, and facilitator approval to participate.

### Where will the workshop take place?

Workshops may be held virtually or in person.

### Can a school counselor or teacher be present?

Yes, we encourage counselors and teachers to be involved in an effort to further reinforce the skills that students learn.

### How do we get started?

Contact us for more information and to discuss which program best meets your needs. Before the group begins we need:

- a signed MOU form
- a class list for classroom presentations
- staff referral & signed parent permission for small groups

Scheduling is limited; contact us to reserve workshops or to get on a waiting list.

---

For information and inquiries about the WDRC Youth Program, contact our Youth Program Coordinator, Darcy, at (360) 676-0122 ext. 118, or [youth@whatcomdrc.org](mailto:youth@whatcomdrc.org)

---

### Who We Are

The Whatcom Dispute Resolution Center is a nonprofit 501(c)(3) organization, serving Whatcom County since 1992. Our vision is for Whatcom County to be a community in which people approach conflict in creative and healthy ways.

### Our Mission

To provide and promote constructive and collaborative approaches to conflict.