

CONFLICT MANAGEMENT

Empowering youth to understand themselves, engage in self-regulation, and seek a pathway to healing harm

WHO WE ARE

Sudbury District Restorative Justice provides free programming for youth aged 12-17 inclusive. Our programs are strengths-based and trauma-informed, aligned with the healing design of restorative justice.

The Conflict Management Coaching program at Sudbury District Restorative Justice is a flexible, one-on-one program designed to provide youth with the tools and skills to respond to and cope with conflict situations.

Delivered one-on-one with a trained SDRJ facilitator in-person or virtually via zoom, the program is designed to be delivered through six sessions of approximately one hour. This is flexible to the needs of the youth, however, and the program can be offered through an increased number of shorter sessions.

During the six weeks, the participant will learn about human the brain and its development, cognitive distortions, self-regulation, and conflict management styles, all through the lens of the conflict that is identified as problematic.

The Conflict Management Coaching program also offers an additional three optional modules - one on human trafficking, one on social media use, and one on racism and hate.

Once complete, youth will understand why they react as they do during conflict and have the skills and tools to make healthy choices.



CONTACT US

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