

# Discover new ways of dealing with conflict

Conflict is a normal part of life  
but violence—whether verbal, physical, emotional, or spiritual—doesn't need to be.

Develop your non-violent communication skills, improve your conflict resolution skills, increase your self-esteem, build relationships with others, and gain valuable insights into the way in which violence impacts the lives of others.

**Learn the skills to transform violence in yourself  
and in our society.**

**3 day Alternatives to Violence Program workshop  
April 7, 8, 9.**

Friday 6:00 to 9:00

Saturday 9:00 to 5:00

Sunday 9:00 to 5:00

Please plan to attend the entire program. Drop-ins not suitable.  
A team of experienced volunteer facilitators will ensure a safe learning experience.

**Only \$60.00 including lunch and refreshments  
Limited places available. Early registration  
recommended. By March 31 at latest.**

Application forms and more information available at:

Lillooet Restorative Justice Program,  
LFC Community Cares Building, 76 - 5th Ave., Lillooet  
250 256-0683 [rj@lillooetlearns.ca](mailto:rj@lillooetlearns.ca)