

# Conflict Solutions Center



Community Mediation, Training, and Restorative Justice Partnership Initiative

Serving Santa Barbara County Since 1989

www.cscsb.org

Santa Maria  
(805) 349-8943

Santa Barbara  
(805) 963-6765

**FREE**

**1 hour Introduction to Mediation skills**

**Brown-bag lunch**  
**Fridays 12noon-1pm**  
**April 9, May 14**  
**June 11, July 9**

Community  
Cornerstone Building  
**In Santa Maria**

**Basic Mediation Training**  
**In Santa Barbara**  
**April 29 - May 2**

To register, go to our website: [www.cscsb.org](http://www.cscsb.org)  
Or call Laura at 349-8943 for more information

## Mediation is better

than ignoring a dispute, or reacting with violence, or court battles....

**because mediation is a positive and creative way to resolve conflicts.**

To initiate our services, please go to our website or call our office

Skim this  
*im-MEDIATE-ly*

### **Transform conflict in your home, workplace, school, and in your community... into connection !**

Most of us have been educated from birth to compete, judge, demand, and diagnose—to think and communicate in terms of who is “right” and who is “wrong.” We express our feelings in terms of what another person has “done to us,” instead of taking responsibility for our feelings independent of another person. We struggle to understand our own needs in the moment, or to effectively ask for what we want without using unhealthy demands, threats, or coercion. At best, communicating and thinking this way can create misunderstanding and frustration. And still worse, it can lead to anger, depression and even emotional or physical violence.

**Imagine** having the communication and conflict resolution skills to defuse conflict right in the moment, whether with a boss, neighbor, spouse or even a complete stranger.

**What if** you had the skills to clearly express what you want to others in a way that strengthened your relationships rather than led to disconnect or resentment?

- Foster healthy, satisfying relationships at work, home and in the community
- Peacefully and constructively resolve conflicts you have with others
- Learn ways to hear and respond to an angry or hurtful message.

**Register today for Communicating Compassionately in a World of Conflict**

**in Santa Maria**  
**on Friday May 21**  
**&**  
**Saturday May 22**  
**9:00a.m—1:30p.m**

[http://www.cscsb.org/training/training\\_overview.html](http://www.cscsb.org/training/training_overview.html)

**You can learn more about RESTORATIVE JUSTICE by watching the Santa Maria Community TV station 25 (Comcast)**  
**Mondays 10—10:30p.m**  
**Wednesdays 6:30—7a.m**  
**Saturdays 8:30—9:00a.m**

STARTING April 17

### **RESTORATIVE JUSTICE.....**

1. is far more concerned about restoration of the victim and victimized community than costly punishment of the offender.
2. elevates the importance of the victim in the criminal justice process, through increased involvement, input, and services.
3. requires that offenders be held **directly** accountable to the person and/or community that they victimized.
4. encourages the entire community to be involved in holding the offender accountable and promoting a healing response to the needs of victims and offenders.
5. places greater emphasis on the offender accepting responsibility for their behavior and making amends, whenever possible, rather than on the severity of punishment.

For more information about CSC's Restorative Justice Partnership Initiative in Santa Barbara County, please go to our website!