



**Calling student leaders,  
community volunteers,  
interfaith organizations,  
sports teams, social service  
providers & area residents**

Sponsored by:

**\*Westworth United  
Church**

**\*Winnipeg Foundation**

**\*Seeds of Hope-Davey  
Family Endowment  
Fund, United Church of  
Canada**

**\*Winnipeg Presbytery  
Christian Fund**



## Why de-escalation?

In response to the recent shifts in public displays of aggression, the Westworth United Church Outreach Team and its partners has developed a fantastic FREE workshop.

The workshop will highlight the importance of de-escalation, how to recognize a potential conflict, and take appropriate actions.

Participants will be engaged with discussion and activities to foster an understanding of de-escalation techniques

**Space is limited**

Registration: email

**By Thursday October 4/18**

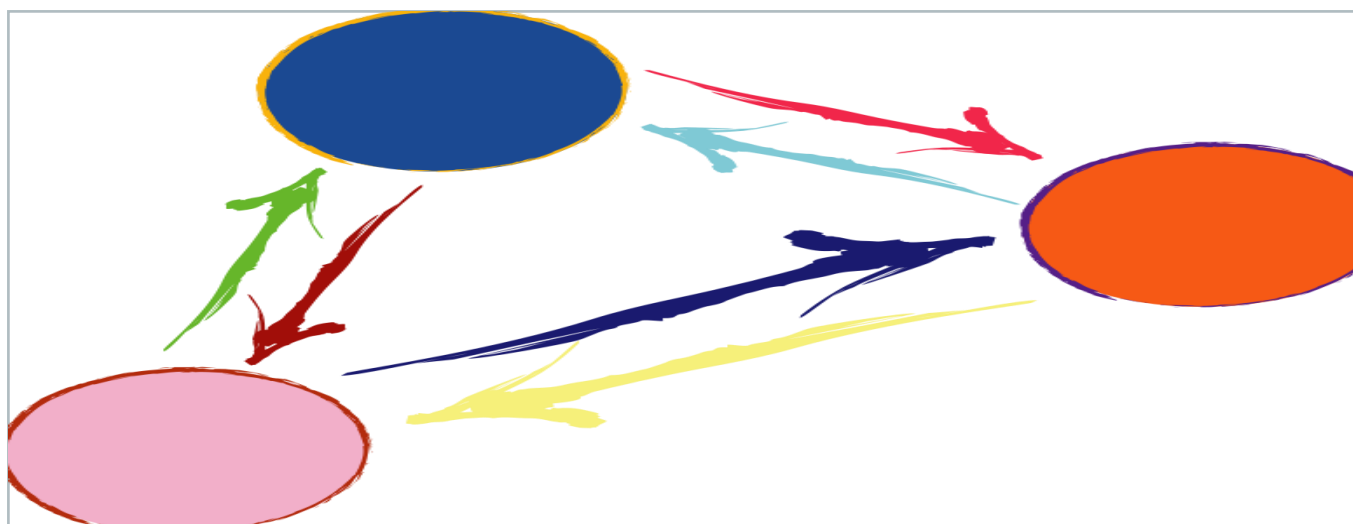
**[ruth.wiwchar@mymts.net](mailto:ruth.wiwchar@mymts.net)**

**FREE  
De-escalation  
Workshop  
(\$250 value)**



**For community  
volunteers, service  
providers, &  
interfaith  
organizations**

**Wednesday, Oct. 10/18  
Westworth United Church:  
1750 Grosvenor Ave  
Winnipeg, Manitoba**



## De-escalating conflict in our community

**Karen Ridd:** workshop facilitator, mediator, teacher, conflict resolution practitioner and public speaker with over 25 years' experience will lead us through the day. Karen has developed and delivered workshops globally and has a passion for social justice.

**Angela Lavallee:** workshop co-facilitator, student at University of Winnipeg studying conflict resolution and criminal justice. Angela is a mother and grandmother who's experienced many forms of violence. She volunteers to support families 'battling the cycle of violence'. Angela's passion is to help others.

**Westworth United Church Outreach Team** hopes this workshop will build the capacity of individuals, volunteers and a variety of organizations within our community of Winnipeg. De-escalation is an essential skill when connecting, communicating and working with people from a variety of backgrounds.

Workshop Partners include:

**Westworth Outreach Team**

**Oak Table Inc.**

**St. Matthews Maryland Community Ministry**

**West Broadway Community Ministry**



**Fort Rouge-River Heights Neighbourhood Resource Network**

**For further information-Contact:**

**Amanda Younka-Community Facilitator**  
[ayounka@wrha.mb.ca](mailto:ayounka@wrha.mb.ca) or 204-794-2696

### Day at a Glance

**9:15am-** Sign in

**Start-9:30** Welcome, introductions & Ice Breaker

**10:00-11:45** What is escalation?

Conflict resolution & tools

Laying the ground work:  
Avoiding escalation

**Noon-12:45** Free Healthy Foods & Networking Lunch-  
*donations gladly accepted*

Prepared and served by local Food Handlers with support of Westworth Church Volunteers

**12:50-**Escalation & privilege

Techniques for de-escalation-  
de-escalating ourselves & others

practice period

**2:50** Short break for physical activity, tea & coffee break

**3:10-4:00pm-**evaluation & closing remarks