

# Conflict Resolution

Are you in conflicts with someone?  
Are you stuck in some conflicts?  
Are you trapped between conflicts?



Family Enrichment Clinic is pleased to announce a [Conflict Resolution Group](#) for adults!

## [What is Conflict Resolution?](#)

Conflict is a normal internal/external communication stage/process that we all experience in life.

Though conflicts can be viewed as a typical process to certain situations, people may not be able to express their needs or emotions effectively.

Participants will receive:

Counseling/education in dealing with conflicts & learning appropriate ways for handling conflicts, while making use of the benefits of the group process. Worksheets with conflict resolution strategies and exercises will be provided. In this group, we will explore ways to resolve conflicts through loving, healthy, mutual beneficial and/or professional attitudes.

## [Conflict Resolution Group:](#)

Cost: \$30 per session; Insurance or Medicaid Accepted

Date: OPEN ENROLLMENT \*\* 8-12 weekly sessions

Hour: TBA

Length: 1.5 hr

Please contact Family Enrichment Clinic for more info. and to register (required):

Staff Therapist:

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