



**The Center for African Peace & Conflict Resolution (CAPCR)
College of Health & Human Services, Sacramento State University**

PRESENTS

A series of skills-based workshops promoting family health within African/African American & Caribbean Communities

Workshops	Dates	Times	Link to Register
COVID – 19: Strategies for Reducing Emotional Stress that can Influence Physical and Emotional Harm in Ourselves and Relationships.	Mon. Nov. 9, 20	6 pm – 7:30 pm	https://csus.zoom.us/meeting/register/tZEkdeyggDItHdNJgMLoW_Jqdt3L8reA64hO
Conscious Parenting Techniques: Ways of Teaching Without Promoting Physical or Emotional Harm	Wed. Nov. 11,20	6 pm – 7:30 pm	https://csus.zoom.us/meeting/register/tZUodeutrDgoG92baR1aEN6MD4hlf_GJD2Ar
Communication Without Violence: Approaches for Fostering Self-Awareness, Communicating One's Needs, and Engaging in Non-Harmful Conscious Actions	Sat. Nov. 14, 20	11am – 12:30 pm	https://csus.zoom.us/meeting/register/tZUrduChrZlqHtH6gRmk7iCkVlqweT47EYDi
Communication Without Violence: Approaches for Fostering Self-Awareness, Communicating One's Needs, and Engaging in Non-Harmful Conscious Actions	Mon. Nov. 16, 20	6 pm – 7:30 pm	https://csus.zoom.us/meeting/register/tZ0ft-quqzMrGdXZ5vG-vp-PKX8C5xxN7fSH
COVID – 19: Strategies for Addressing Emotional Stress that can Influence Physical and Emotional Harm in Ourselves and Relationships.	Wed. Nov. 18, 20	6 pm – 7:30 pm	https://csus.zoom.us/meeting/register/tZlkdeupqTMTGtFG55Ln5tsFM9ECt6q9jdow
Conscious Parenting Techniques: Ways of Teaching Without Promoting Physical or Emotional Harm	Sat. Nov. 21, 20	11am – 12:30 pm	https://csus.zoom.us/meeting/register/tZUvfuigqD0jH9HlsVRkpVAKCybLMPX5O9nA

ALL WORKSHOPS ARE FREE

*CAPCR's Service Intervention under the Domestic Violence Prevention and Intervention CARES Act Program - City of Sacramento.

Workshops will be facilitated by professionals employing an Afrocentric cultural framework.

For more information, e-mail capcr@csus.edu or call **916-278-6282**