

Peaceful Alternatives Class

Youth will learn skills in

- Reducing anger
- Communicating
- Resolving conflict
- Solving problems



Classes are small (6-12), interactive, and team-taught by Mediation Services staff.

- **Pre-registration is required to attend**
- **\$50 non-refundable fee**
- **Contact staff at 763-422-8878 to register or for further information**



Mediation Services

for Anoka County

You're the One Who Can Make the Peace

Mediation Services
for Anoka County

PEACEFUL ALTERNATIVES CLASS



Helping youth
make better
choices

3rd Thursday
6:30 to 8:30 PM

Mediation Services
for Anoka County

2520 Coon Rapids Blvd. Suite 100

Coon Rapids, MN 55433

763-422-8878

Peaceful Alternatives Class

PAC is for middle and high school youth who have been referred by juvenile court or schools.

The class is held the third Thursday of every month (except July & December) from 6:30 to 8:30 pm.

The goal of the class is to help youth make better, more peaceful choices. Statistics show that youth who have taken the class have a lower rate of repeating their original negative choice.



“The Peaceful Alternatives Class taught me to stop and think before I react to conflict...”

Other students comment...

- *It gave me new ideas on how to try and control my anger.*
- *I will think twice about getting into a fight.*
- *I am going to try out the peace process on my friends & family that I learned on the video*
- *In the discussion, I now understand that other students have the same concerns and problems that I have.*
- *Now I have a plan to avoid the bully that harasses me.*
- *It was fun!*

Class Agenda

Introduction and Ground Rules

Understanding Violence

Personal Assessment of Conflict

Understanding Anger & Its Triggers

How to Cool Those Hot Reactions

Communication

Take a Stand: *Stop the Violence* Video

(Learning the P.E.A.C.E, process)

Mediation Services is a private, non-profit organization providing free or low cost mediation services for community issues (neighbors, landlords and tenants, businesses and consumers), co-parenting issues, and parenting expediting. Anyone who lives in Anoka County can use these services.

Mediation is a voluntary process used to settle disputes. Parties involved in a dispute meet with trained, impartial people called mediators.

Mediators listen to both sides, maintain order, and assist the parties in reaching their own agreement. Mediation is not legally binding.

The mediators are volunteers from the community who are trained according to Minnesota Statutes. Mediators represent a variety of backgrounds, interests and occupations.

Mediation Services for Anoka County

2520 Coon Rapids Blvd., Ste. 100
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www.mediationservice.org

The office is located between the (closed) Perkins and the Rose Garden Restaurant in Coon Rapids.

