Youth Program Information

The Whatcom Dispute Resolution Center (WDRC) provides free and low-cost conflict resolution workshops to Whatcom County. Trainings are strength-based, and designed to build communication, problem-solving, and de-escalation skills. We also offer mediation services that can be utilized by students, parents, and staff.

WDRC Youth Program Services

- **Individual Services**: Referral to mediation (including family and parent-teen) or individual conflict coaching
- **Small Group Workshops**:
  - **For Boys**: Facing Conflict without Violence
  - **For Girls**: Healthy Choices for Girls
  - **Co-Ed**: Dealing with Conflict
- **Large Group Trainings**: Dealing with Conflict classroom presentation
- **For Staff**: Faculty and group training, facilitation, and mediation services

**Classroom Presentations: Dealing with Conflict**
Grades: 4-12  Duration: 4 hours (over 4 weeks)
This interactive workshop provides classrooms and larger groups (12-30) with a broad-based introduction to conflict resolution. Using small group discussion, group games and individual reflection, students will learn skills to: assess the needs of others in a conflict; increase personal awareness of stress and techniques to cool down; evaluate strategies to resolve the conflict; use active listening and assertive communication.

**Small Gender-Specific Groups: Healthy Choices for Girls & Facing Conflict without Violence**
Grades: 4-12  Duration: 8 hours (over 8 weeks)
Small group workshops offer participants a safe, structured, and fun place to learn and practice skills using experiential learning alongside individual reflection, and group discussion. At the middle and high school levels, in addition to exploring the basics of conflict resolution, participants examine the influence and impact of gender, violence, and how to be an ally. Small groups can be offered on their own or as a follow up to a classroom presentation.

**Small Mixed-Gender Group: Dealing with Conflict**
Grades: 4-12  Duration: 6 hours (over 6 weeks)
A great option for clubs and small classes, this workshop provides the utility of a classroom presentation with the individualized attention of a small-group. Students will learn the basics of conflict resolution including healthy ways to understand and deal with anger, effective communication, and collaborative problem solving.

Workshops can be further tailored to meet group needs, contact us to find out how!
FAQ’s:

How much does the youth workshop cost?  
Most workshops are free; however, if you have funds or resources that you are able to allocate toward this program, the WDRC strongly encourages donations as well as in-kind contributions to the program. For workshops we can’t subsidize through grant funds, we operate on a sliding-fee scale up to $125/per hour.

How many students can participate in each workshop?  
Based upon our experience, small-group sizes of 4-10 participants have been the most effective.

Which students can attend WDRC youth programs?  
We serve youth in grades 4-12. Groups should be comprised of students within similar age groups and developmental stages. We have found that it works well to have students with diverse strengths who can learn from each other. Students must have a staff referral, a signed parent permission form, and facilitator approval to participate.

Where will the workshop take place?  
The school is responsible for locating a space for the workshop to take place. The room should be somewhat private, have room for active games, and be free of distractions if possible. Music rooms, large conference rooms, and empty classrooms have worked well in the past.

Can a school counselor or teacher be present?  
Yes, we encourage counselors and teachers to be involved in an effort to further reinforce the skills that students learn.

How do we get started?  
Contact us for more information and to discuss which program best meets your needs. Before the group begins we need:
- a signed MOU form
- a class list for classroom presentations
- staff referral & signed parent permission for small groups

Please note that while we hope to accommodate your school, scheduling is limited, so contact us as soon as possible to confirm your registration, or to put your school on a waiting list.

For general information and inquiries about the WDRC Youth Program, contact Emily Wilson by calling 676-0122 ext. 120, or by sending inquires to youth@whatcomdrc.org

Who We Are

The Whatcom Dispute Resolution Center is a nonprofit 501(c)(3) organization, serving Whatcom County since 1992. Our vision is for Whatcom County to be a community in which people approach conflict in creative and healthy ways.

Our Mission

To provide and promote constructive and collaborative approaches to conflict through mediation, training, facilitation and community education.