ARE POLITICAL DIFFERENCES SOURING YOUR RELATIONSHIPS?

BUILD SKILLS TO NAVIGATE TENSE CONFLICT

Attend the **Navigating Polarized Conflict workshop** & walk away with:

- Understanding of your default conflict mode
- Tools to regulate your nervous system & show up as your best self in a heated argument
- Tactics to de-escalate conflict
- Weekly exercises and reading materials to enhance self-awareness
- Polarization Detox Challenge to build skills and connect across political differences.

Saturday, May 31st
11am-2pm
Brainerd Public Library

$20 fee (lunch included!)

REGISTER HERE

VISIT **WWW.SOWINGROOM.ORG** FOR MORE INFORMATION

WORKSHOP SPONSORED BY: THE SOWING ROOM

MARK YOUR CALENDAR - CULTIVATING COMMUNITIES SUMMIT

Coming to Brainerd Sept 21-23

Visit **www.sowingroom.org** for more information or email **despe@sowingroom.org**