

The logo features the words "FREE" and "TRAINING" stacked vertically in a bold, sans-serif font. "FREE" is in black and "TRAINING" is in white. The text is centered within a teal rectangular background. This teal box is superimposed on a background of horizontal stripes in shades of pink and red.

**FREE
TRAINING**

Conflict Resolution Skills Workshop

Depolarization: Polarization and Political Identity

Join Ryan Nakade, for a 4-hour series on political depolarization where participants will reflect on how they've been impacted by polarization personally and explore their "political identity" – the pillars that comprise one's lens or worldview.

Through introspection exercises and group discussion, participants will learn how dialogue can engender mutual understanding, empathy, and humanization in spite of political or ideological disagreements.

This training will be held by zoom and is free to those who live or work in Gresham, Troutdale, Wood Village or unincorporated east Multnomah County. \$10 fee for those outside of east county.

(Choose 1 session)

○ **June 14th & 16th from 6:00pm - 8:00pm**

Or

○ **June 18th from 10:00am – 2:00pm**

Contact East County Resolutions to Register

503-618-3247

Mediate@GreshamOregon.gov