



 **COMMONGROUND**

Training Catalogue



About us

Serving Greene & Columbia Counties since 1989

Common Ground is a grassroots, nonprofit mediation center that designs conflict resolution workshops tailored to meet the individual needs in schools, organizations and communities.

We provide high quality dispute resolution services, including custody/visitation mediation; civil complaints; family, neighbor and workplace conflicts.

Our Mission is to help you find a path from conflict to mutual understanding. By working to remove barriers to communication, you are given voice and empowered to reach a common ground.

We are Different.

Training Principles

We work closely with you to develop a training that is tailored to meet your needs.

Please see details inside for more information on training/workshop fees. Generally, workshops rates are \$150/hour.



Peer Mediation Training (12-15 hours)

Teaching students to mediate between their peers.

Highly engaging and interactive curriculum which teaches the basic skills of conflict resolution.

Middle school (12 hours): grades 6-8; High school (15 hours): grades 9-11.

Workshop Rates:

Middle School: \$1200

High School: \$1500

Note: These are reduced rates to help support school districts. Partial funding for Peer Mediation is through the generosity of private foundations and county Youth Bureaus.



Restorative Practices & Conflict Resolution

Community Building Circles for Students

This three-hour training is appropriate for students in grades 5-12, each circle tailored to meet the needs and topics of the grade level.

Cost: \$450

Conflict Resolution Skills

A two-hour workshop which introduces participants to the essential concepts and skills to manage conflict constructively. Topics covered include understanding your personal relationship with conflict, conflict styles, active listening, and reframing. Content is tailored appropriately for both students and adults.

Cost: \$300



The De-Escalation of Conflict

What role do I play?

Two-hour workshop introducing participants to the key principles of conflict, their role in conflict escalation, self-awareness and skills to de-escalate conflict when it arises. These skills can be used at home, in the workplace and in communities. Content is tailored appropriately for both students and adults.

Workshop cost: \$300



Moving up and Transitions

Moving Up is a one-hour workshop for 5th grade, and introduces students to what they may expect moving up to middle school. This is highly interactive class allows for open discussion surrounding anxieties and other issues that may arise as the students move from a more nurturing environment to one which requires more independence

Cost: 150

Dating and Violence

This one-hour workshop introduces teens to the signs of potential violent situations in dating and how to avoid them.

Cost: \$150

Forever Parents - an Educational Program for Parenting Apart

Recommended for high-conflict couples, this six-hour, evidence-based, interactive class teaches parents ways to protect their children from conflict, communication, and coping skills in the aftermath of separation or divorce. ***State certified***. Satisfies Judicial Order for co-parenting classes.

Cost for Class: Based on a sliding scale. Starting rate is \$150 for the class.

Conflict Coaching

Conflict coaching is a four-step process which helps an individual address a specific and better manage a conflict/problem. *This can take anywhere from two to six hours.*

Cost is \$150/hour.

Contact Us

We are happy to discuss your training and mediation needs! All calls and inquiries are CONFIDENTIAL.

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