



AGING IN HARMONY
Peace of Mind for Elders and Families
PRESENTS:

**GET READY FOR HOLIDAY GATHERINGS:
CONFLICT RESOLUTION SKILLS
FOR AGING AND COMMUNITY**

A One And A Half Day Workshop

Friday, October 29, 2010 5-9 PM

Introductory Evening

Saturday, October 30, 2010

8:30 AM to 5:00 PM

Hands-On Training

both at:



1440 40th St., Emeryville, CA

Are you helping older family members or friends navigate the challenges of aging and find it **difficult to communicate** about their plans for the future? Or would you like to talk to your spouse, adult children or grandchildren about your own **aging-related concerns**, but don't feel heard and understood? Or maybe you live or work with older adults and their families and would like to better **support them during difficult discussions and decisions**? Whether you are facing your own aging process or are a family member, friend, neighbor, caregiver, or service provider for older adults, this workshop prepares you for holiday conversations you can look forward to, rather than dread!

During the introductory evening, we will explore the **impact of aging** on the individual, family, community and society at large. Participants will examine **cultural biases** around aging and learn to recognize their own **assumptions regarding older adults**. Based on this understanding, we will discuss why most of us find it challenging to communicate effectively about aging-related concerns and decisions. Finally, we will offer **helpful tools to facilitate communications** during controversial and highly emotional discussions with elders and to support collaborative decisions that address the needs of everyone involved.

Participants in the **hands-on training** will have extensive opportunities to practice these tools in **role plays** and learn how to apply **empathic listening and conflict resolution skills** during interactions with elders in their daily lives.

PRESENTERS:

KATHARINA W. DRESS, MA, has been a mediator for 5 years and a facilitator and trainer for over 25 years. As founder of AGING IN HARMONY, she provides conflict resolution services to older adults and their families, caregivers and aging services providers.

JOHN G. ELLIOTT, MA, MFT has been a marriage and family therapist for 40 years, a Divorce Mediator for 10 years, and has 25 years of grief support/bereavement work experience.

Co-produced by **East Bay Cohousing** thanks to **Raines Cohen**, Certified Senior Cohousing Facilitator, **Cohousing Coach** and **Aging-In-Community** author published in **Audacious Aging**.

WORKSHOP SERIES FEES

Event	Standard	Reduced
Fri.+Sat.	\$175	\$150
Fri. Only	\$50	\$40

Reduced Fees are available for seniors (60+), students, members of sponsoring organizations and **early registrations received by October 1**. Additional fee for CEU credit.

Register by October 22!

“The workshop was a great opportunity to see that so many of the issues I am having with my mother are really common in families with aging parents. It was also pretty amazing to do a pretend mediation and see two other women play both me and my mother-- to be able literally to see for the first time that it might be possible to have a productive, constructive conversation about senior housing, finance, etc.”
– A previous workshop participant

For more information, please visit
www.AgingInHarmony.com/events/
To register, visit www.AgingInCommunity.com.

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