Santa Clara County Employee Assistance Program (EAP)

Presents

Managing Conflict in Relationships

How can we manage emotions and get our needs met when conflict arises in our relationships?

July 21, 2021
Time: 5:00-6:00pm

Please join this interactive workshop on learning emotion regulation and interpersonal effectiveness skills intended to manage conflict in relationships. We will explore common scenarios, as well as the pitfalls of reactivity experienced in interpersonal conflict.

Presented By: Alexandra Graves, AMFT

To Join Zoom Meeting
Meeting ID: 919 5944 0917
Passcode: 481833

*Please e-mail counseling.eap@hhs.sccgov.org to reserve a spot for either date