



Depolarization Skills Practice Session

Join us; It's FREE at:

The Ledding Library 10660 SE 21st Ave, Milwaukie Saturday, April 26, 3-5pm

Summary

Depolarizing skills practice experience helps participants understand the values and concerns of those who differ from them politically and teaches essential skills for communicating across differences and finding common ground.

Goals

- Grow understanding of the values and concerns of people who differ from you politically
- Learn skills for listening in a way the other person feels heard
- Learn skills for sharing viewpoints in a way the other person might hear even if they disagree

Action

- Practice what you have learned about disagreeing better
- Experience the emotions of disagreeing and what to do (Mind **and** Heart)
- Share these experiences in a structured setting to gain confidence

Hosted by: Clackamas County Braver Angels members. For more information, contact Michael Balter, Ambassador, mbalter@braverangels.org; cell 503-724-4949 www.BraverAngels.org/attend-a-workshop