## **Etobicoke Community Outreach**



The world has dramatically changed in response to the COVID-19 pandemic. As students, professionals and families, we are experiencing significant upheaval that can be intensified by feelings of helplessness and anxiety. It's only natural in times of such extreme uncertainty and confronted by potential job, housing and financial loss, that emotions can rise resulting in conflicts.

The Humber College Dispute Resolution Clinic is offering free online service delivery to support community members with access to:

- 1. Conflict Coaching
- 2. Tips and Strategies on Conflict De-escalation Techniques
- 3. Facilitated Mediations

Community Members can e-mail <u>northdrc@ignitestudentlife.com</u>. Trained alternative dispute resolution (ADR) students, advisors and mediators from within the community will be available by appointment to provide dispute resolution support services.

You are not alone. We are here to help in these uncertain times.

