



Dispute Resolution
CENTER of KING COUNTY

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KC CONNECT is a Dispute Resolution Center of King County program. Our organization promotes meaningful pathways for everyone to engage with conflict, to learn from each other, and to grow in community.

OUR VISION

A King County where all young people and families have access to the tools, support, and spaces they need to resolve conflict, repair harm, and thrive in community.

OUR MISSION

To create interactive, youth-led spaces that support healing, develop leadership, and promote culturally grounded approaches to navigating conflict.



SERVICES



ONLINE SESSIONS



IN-PERSON 2 HOUR
WORKSHOPS



POP-UP EVENTS

what is this??



The Flower of Life symbolizes growth, connection, and collective healing- mirroring how CONNECT was created in response to youth, families, and community partners across King County calling for culturally grounded, healing-centered approaches to conflict.



WORKSHOP MENU

Partners can select 1-2 workshop topics to host at your site. Each session is 2 hours, free, designed for youth ages 12-24, and led by trained facilitators.

We bring all materials and can adapt to your space just let us know what works best for your community.

Use the contact info below to book or ask questions, we're excited to collaborate!



BOOKING LINK



2 HOURS EACH SESSION



LOCATION

Your trusted community space.



CONTACT

youthdevelopment@kcdrc.org



AT A GLANCE

MODULE 1: FOUNDATIONS OF CONFLICT

- **Intro to Conflict: Understanding the Roots**
- **Communication that Builds Trust**
- **Emotion in Conflict**
- **Power, Privilege, and Identity in Conflict**

MODULE 2: SKILL BUILDING

- **Moving Through Conflict**
- **Restorative Response to Harm**
- **Family Repair Circles**
- **Digital Conflict & Social Media Drama**

MODULE 3: CRITICAL AWARENESS & CULTURAL POWER

- **Conflict as a Tool for Change**
- **Youth Circles for Change**
- **Taking Back Power**

MODULE 1

FOUNDATIONS OF CONFLICT RESOLUTION

Intro to Conflict: Understanding the Roots

- What is conflict? Why does it escalate?
- Conflict styles and how culture shapes them

Communication That Builds Trust

- Active listening, “I” statements, tone & timing
- Responding vs. reacting Or Reflect and Reframe

Emotions in Conflict

- Regulation strategies, naming feelings, co-regulation
- De-escalation skills for youth and caregivers

Power, Privilege & Identity in Conflict

- Implicit bias, intersectionality, positional power
- Self-awareness in conflict dynamics

MODULE 2

SKILL BUILDING

Moving Through Conflict

- Tools for Dialogue & Understanding
- Practicing neutrality, questions, and identifying feelings, needs and values
- Reflecting and reframing

Restorative Responses to Harm

- Accountability vs. punishment
- Apology, repair, and structured community circles

Family Dialogue & Repair Circles

- Tools for intergenerational communication
- Circle formats that include youth and caregivers

Digital Conflict & Social Media Drama

- Setting boundaries online
- Responding to subtweets, screenshots, and shade

MODULE 3

CRITICAL AWARENESS & CULTURAL POWER

Conflict as a Tool for Change

- Youth connect their personal experiences to systems (policing, immigration, housing, etc.)
- Youth explore how culture shapes conflict response and resistance
- Families engage in intergenerational storytelling and community dialogue.

Youth Circles for Change

- Multigenerational groups share stories of systemic conflict and healing
- Understand why conflict happens, and the power to reimagine what justice could look like.
- All voices speak

Taking Back Power

- Youth and families explore how their struggles are systemic
- Organize through collective voice
- Build power through dialogue



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PARTNER LOGISTICS



What KC CONNECT Provides

- Facilitators
- Workshop materials & handouts
- Setup and clean-up support
- Snacks and refreshments



What You Provide

- Learning space with chairs/tables for __ people
- Access to projector (optional)
- Youth participants (with necessary permissions)
- Point person for site coordination



Scheduling Info:

- Our Email
- Booking Link or QR

Sample Workshop: Module 1 Topic 3 August 30th, 2025

- Duration: 2 hours
- Audience: Youth ages 12-24
- Group Size: Ideal group size is 10-30

TIME	ACTIVITY
15 mins	Sign-in, Pre-Survey (Demographics etc.)
25 mins	Refreshments and Community Building
5 min	BREAK
1 hour	Topic and Activities
15 mins	Exit Surveys

BOOK NOW!

✉ youthdevelopment@kcdrc.org

EVENT PLANNING GUIDE

REVIEW THE MENU

Review the KC Connect menu and select 1-2 workshop topics. If there are further questions, [schedule a 1:1 with us before booking.](#)

SUBMIT A BOOKING REQUEST

Use our booking link or contact email to share your site info, dates, and preferences

PRE-WORKSHOP MEETING

We will schedule a quick planning call to confirm space, audience, logistics, and support needs.

PROMOTION & RECRUITMENT

You help recruit youth and family participants. We'll provide flyers and outreach language.

WORKSHOP DAY!

Our team arrives early to set up and deliver the session. You provide on-site support if needed.

POST-WORKSHOP WRAP-UP

We will send a short feedback summary and follow up quarterly to learn about long-term impact and opportunities to reconnect.

TIMELINE

Book at least 2-3 weeks in advance

