

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

