

Have you experienced or caused **Harm**?

Are you experiencing harm and don't want to go to the police? The Parallel Justice program at the CJC provides trauma-informed and confidential support* for people facing harm, crime and violence. Some examples of support include:

- Emotional support
- Safety planning
- Resources and agency referrals
- Systems advocacy
- Limited financial assistance

Contact Victim Services Specialist Lauren Monaco Eddings (contact info on next page) for more information.

Are you causing harm and don't know how to stop or make things right? We can be a confidential resource for you, too. Contact one or both of our programs.

**We are not an emergency support resource.*



Restorative Conflict **Workshops**

Do you want to build your conflict engagement skills? Learn more about how to apply restorative justice to conflict and harm? **Do you want to become a facilitator for the program?**

Join one of our free Restorative Conflict Workshop Series! You will learn about:

- What is restorative justice
- Restorative approaches to conflict
- Power in conflicts

**Thank you to the Edward Byrne Justice Assistance Grant for funding this work.*



Contact Us

Conflict Assistance Program

Phone: (802) 922-2765

Email: zjeka@burlingtonvt.gov

Victim Services

Phone: (802) 503-2997

Email: Imonacoeddings@burlingtonvt.gov

Drop by the Burlington CJC:
200 Church St, Burlington VT 05667
M-F: 9am-5pm

Facing **Conflict or Harm?**

The Burlington Community
Justice Center can help!

Conflict Assistance Program

Are you having an issue with someone? A neighbor, family member or someone in the broader community? Do you want to address the issue constructively but feel stuck?

Or, do you want to build stronger conflict engagement skills before conflict escalates?

We can help! CAP offers a range of **low to no cost** services to assist with conflict and build stronger communities:

- Restorative dialogues
- Mediation
- Conflict coaching

Our program strives to be aware and responsive to how power and our various identities show up in conflicts.



Restorative Dialogues

A restorative dialogue is a guided and structured conversation that aims to open communication, develop understanding, and come to agreements about how to move forward. We look at the roots of the conflict, its impact on each person and relationship, and figure out if any repair or accountability work is needed. Each dialogue is different, but typically each participant will speak one on one with the facilitator before a group meeting takes place. There may also be multiple meetings with different iterations of participants (i.e. family, friends, and community may participate at times). Ultimately, we aim to build stronger relationships through the conflict process.

Conflict Coaching

Conflict coaching provides confidential, one-on-one sessions to assist individuals in problem-solving a challenging relationship or situation. These sessions help individuals understand their current situation more clearly and explore helpful communication techniques.

Mediation

Mediation is a confidential and voluntary meeting where people discuss difficulties they are having with each other, assisted by impartial community mediators. Mediators support participants in creating workable and lasting solutions. Mediation differs from circles in its more resolute focus on solutions and does not always have an explicitly restorative framework.

To start a Conflict Assistance Process, please visit our website:

<https://www.burlingtoncjc.org/conflict-assistance-program>

