



MÉTIS NATION OF GREATER VICTORIA COMMUNITY UPDATE—Mid March 2015:

Communication Skills and Conflict Management Workshop

Conflict management skills are essential to success in any workplace. Join Jenny Holder, MSW, in an engaging and informative workshop examining conflict styles and conflict skills. Each participant will complete the Thomas Kilman Conflict Styles Assessment, which informs you about your conflict style and strategies for improving your interpersonal communication in conflict. This workshop is part of the MNGV Youth Employment Skills Series. Don't miss this amazing opportunity to learn more about yourself and improve your skills!

The Conflict Resolution Workshop, including the Thomas-Kilman Conflict Styles Instrument will be held TOMORROW TUESDAY March 17th and Tuesday March 31st will have the Follow up Session, Communication Workshop and Conflict Resolution in Action.

The Thomas Kilman Conflict Styles Assessment instrument typing is very effective and assists you to increase your self-awareness and skills in conflict and communication).

The workshop will be held at Bridges for Women, 320-1175 Cook St from 6-9 PM. Spaces are available, please contact the office to register.

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Food Safe and First Aid Training

Funding is available for youth to take the following training in the March/April. Spaces are limited and spots will be filled as they are received.

Foodsafe Level 1 Training

takes place at Paul's Motor Inn 1900 Douglas Street starting at 8:45 am until 4:30 pm on the following dates, March 30 , April 7, 11, 19, 25, and 28. Please note that the day of the week varies. Please let the office know as soon as possible if you are interested in taking the foodsafe course and which date you wish to take it on.

Standard First-Aid and CPR Level C is being done through Alert First-Aid
Address: 3130 Jutland Rd, Victoria, BC V8T 2T3

Saturday March 21st and Sunday March 22nd	8:15-4:30pm
Wednesday March 25th and Thursday March 26th	8:15-4:30pm
Saturday March 28th and Sunday March 29th	8:15-4:30pm
Saturday April 4th and Sunday April 5th	8:15-4:30pm
Wednesday April 8th and Thursday April 9th	8:15-4:30pm
Saturday April 11th and Sunday April 12th	8:15-4:30pm
Saturday April 18th and Sunday April 19th	8:15-4:30pm
Tuesday April 21st and Wednesday April 22nd	8:15-4:30pm
Saturday April 25th and Sunday April 26th	8:15-4:30pm

Youth funding is covering the cost of these courses and interested persons should contact the MNGV office as soon as possible at mngv@telus.net to ensure a spot on the course.

Potluck 18 March 2015

We unfortunately have to announce that Maria Campbell will not be able to attend this month's Potluck, however alternative programming is in the works.

The potluck is held in the gym at the far end of that corridor

Contact MÉTIS NATION OF GREATER VICTORIA: MNGV@TELUS.NET OR 250 380 6070