Mediation and Conflict Resolution

Presenters, Cynthia Castañeda & Christopher Castro

Bloomfield Public Library
90 Broad Street, Library Theater
Bloomfield, NJ 07003
Tuesday, March 10, 2020, 10 am to 3 pm

Presenter’s biography:

Cynthia Castañeda is a Licensed Professional Counselor with over 15 years’ experience working in the nonprofit sector. She mainly focuses on understanding the needs of the marginalized communities of predominantly urban areas. Cynthia has received extensive training in the areas of Domestic Violence, Trauma-Focused Care, and Clinical Supervision.

Christopher Castro is CBT trained Marriage and Family Therapist that utilizes many great techniques to better suit the needs of individual clients. His specialty includes working with individuals to improve self-esteem, with couples to teach and enhance their communication skills, and with families to improve their relationships. Christopher also spends time working with teens transitioning through middle and high school.

Workshop description:

One of the beliefs of LVA is “to achieve the highest level of success, it is important to provide each adult student with a supportive environment for learning. For this reason, a partnership between the community and LVA is essential.” With staff, volunteers, students, and the community working together toward this goal how this message is presented, received, and interpreted is crucial to Understanding and Unity.

This workshop will provide the participants a platform to recognize and discuss the work culture of the agency and how it may be affecting their work with the students, the ability to learn and practice effective communication skills, the importance of setting healthy boundaries within the context of the agency, and de-escalation techniques.