

INTER-COMM



A Course to Improve Communications in Relationships

WHAT

INTER-COMM is a course designed for adults who want to improve communications in their personal relationships. This course has been specifically designed for Canadian Armed Forces (CAF) personnel and their family members who want to increase their ability to communicate more successfully.

The INTER-COMM course is structured into 4 modules. Each module is designed to raise participants' awareness of the attitudes and skills:

1. to manage conflict effectively
2. to communicate effectively
3. to use a collaborative model for resolving conflicts, built on the skills of Interest-Based Communication (IBC)
4. to practice the Collaborative Communication Model (CCM) for building communication skills.

WHY

Director General Alternative Dispute Resolution (DGADR), Military Family Services (MFS) and the CAF's Health Promotion (HP) program, *Strengthening the Forces* (STF), have partnered in the development of this program for those in the CAF community who are interested in increasing their capacity to manage conflict, nurture collaboration and communicate effectively.

WHO

This is not a couple's counseling course but rather a course that focuses on improving communication in healthy relationships. Through exercises and coaching, participants learn to understand conflict, listen actively and use collaboration and communication to support health and well-being in relationships.

WHERE

INTER-COMM is delivered in multiple sessions totaling 12 hours and is led by trained facilitators: one from the Military Family Resource Centre (MFRC) and one from the Health Promotion office on your Base or Wing.

WHEN

Course information, schedule and registration details can be found at local MFRCs and HP offices.

No Cost to CAF personnel and their family members.