The Conflict Management & Human Rights Office (CMAHRO) acts as a focal point and resource to all members of the university community (faculty, staff and students) regarding matters of harassment, discrimination, and other general forms of conflict.

**Conflict Management**

We are available to provide:

- **support** and advice to individuals dealing with conflict;
- **conflict coaching** to individuals; or
- **mediation** to small groups.

**Human Rights**

We are available to:

- help you **understand** what your rights are and how they apply to specific situations;
- provide you with **information** about what options are available to you when dealing with human rights issues;
- guide you through the process of responding informally or formally to a human rights issue.

**Education & Training**

Check out our brand new FAQ section:
https://uwaterloo.ca/conflict-management-human-rights/frequently-asked-questions

Ask us about our workshops on Responding to Disrespectful Behavior and Managing Difficult Conversations.

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