

Do you want to stay connected heart to heart in difficult conversations?

- *with your children?*
 - *with your partner?*
 - *with members of your congregation?*
 - *with your clients/customers/coworkers/students?*
 - *with people who hold different political views?*

Join us for an experiential workshop on

Speaking Peace

FOUNDATIONS OF NONVIOLENT COMMUNICATIONSM

Offering:

- a language and consciousness of compassion that can improve your relationships
- skills to support dialogue in the face of judgment, criticism, and anger
- practice in honest expression and empathic listening
- effective ways to bring more ease, and connection and joy into your life
- support for parenting and teaching from your heart
- a nonviolent approach to promoting peace and social change

March 28, 2009

Saturday: 9:30 am – 4:30 pm

Nashua, NH 03064

At Unitarian Universalist Church of Nashua, 58 Lowell Street

Workshop led by Jerry Koch-Gonzalez CNVC Certified Trainer

**Sponsored by the Institute for Peaceable Communities
and the Social Justice Committee of the Unitarian Universalist Church of Nashua**

This workshop is an introduction to the principles of Nonviolent CommunicationSM (NVC) as developed by Marshall Rosenberg and others worldwide. Jerry Koch-Gonzalez is the founder of New England NVC and co-founder of the Institute for Peaceable Communities.

Requested contribution: sliding scale \$105-45 (avg. \$75). **All are welcome regardless of ability to contribute financially.** **Social Workers:** this program has been approved for 6 Continuing Education hours for relicensure, in accordance with 258 CMR. Authorization Number D 40294-1.

Register online at www.newenglandnvc.org or call Jerry at 413-549-1747.