

# Nonviolent Communication (NVC) Regional Gathering in Madison, WI

**Friday &  
Saturday  
Dec. 12-13  
2008**



- Learning sessions
- Social time
- Networking lunch
- Regional meeting of Alliance for NVC

**Learn** with a Certified NVC Trainer: 2 sessions

## Introduction to Nonviolent Communication (NVC) *Everyone is welcome!*

WHEN: Friday, Dec. 12: 6p-9p COST: \$30-45 (based on ability to pay); work exchange for people in need

Learn to resolve conflict peacefully, and increase closeness & connection in your relationships. Express yourself honestly without criticism or blame. Transform anger, and meet your needs while protecting your relationships. Hear what the other is not saying. Increase understanding, respect & cooperation in all relationships.



**Myra Walden**  
*West Chicago, IL*

Myra Walden, MA, is a certified NVC trainer and has practiced psychotherapy for 17 years. Originally from Mexico, she teaches transformational thinking, listening and speaking skills in schools, human service organizations, corporations and churches in the U.S. & Mexico.

## Intermediate: "Self-Appreciation"

*Prior NVC experience (or Friday's session)*

WHEN: Sat., Dec. 13: 9 am - 12 noon

COST: same as above -- \$30-45 (ability to pay)

Compassion for others begins with oneself. Increase your ability to love and accept yourself. Enhance self-respect, and develop more effective self-empathy.

**Connect** with other like-minded, like-hearted people

### Lunch

Sat., Dec. 13: 12 noon - 1:30 pm

*Bring your own or place  
an order with us by Friday*



### Alliance for NVC Quarterly Meeting

Sat., Dec. 13: 1:30 pm - 5:30 pm

*For those who want to spread NVC in Midwest*

**Register** to reserve your space in a training session, order lunch, or RSVP

Contact Jennifer Warnick, 608-223-9150 or warthogs@sbcglobal.net (*Please arrive 5-10 minutes early*)  
All events will take place at Covenant Presbyterian Church, 326 S. Segoe Rd, Madison, WI 53705