



NONVIOLENT COMMUNICATION PRACTICE GROUP

SPONSORED BY

Servant Leadership School of Conway

When? Seven Thursday evenings 6:00 – 8:00 p.m, beginning October 4, 2018. Child care available upon request.

Where? Classroom 2, St. Peter's Episcopal Church, 1925 Mitchell Street, Conway, AR

Cost? \$20.00, the cost of textbook and workbook. (Scholarships available)

Who? Led by Judy Helm, B.A. in English, retired teacher and paralegal

What? Overheard in the church lobby: "Why do I need to practice nonviolent communication? I'm not a violent person. This must be for people who get into lots of fights. Maybe this is like anger management?"

Actually, Dr. Rosenberg identifies violent communication as any language that is not life-affirming. That would include things like "Who does she think she is, that she can date my brother." Or "If I have to listen to him tell one more war story when we're supposed to be planning for the big roll-out." Or "I didn't spend all that money on private schools so you could be a tree hugger." If you have ever said anything like this, even if only to yourself, you can learn a new way of connecting with yourself, your family, your co-workers, and so on.

Join us as we explore this wonderful new way of connecting with people. We will read Dr. Rosenberg's book, do written exercises, and break into small groups to practice this simple process. And while it is simple, it is not easy. It will require honesty and a willingness to share your honesty with others in a non-judgmental way.

Some of the chapter titles are Giving from the Heart, Communication that Blocks Compassion, Observing Without Evaluating, Identifying and Expressing Feelings, and Taking Responsibility for our Feelings.

Register Today by emailing judyhelm77@gmail.com or filling out form. Deadline October 1st.

Registration For Nonviolent Communication Class

Ideal class size – 6 to 12

October 4 – November 15, Thursdays, 6:00 – 8:00 p.m.

Name: _____

Phone No. _____

Email: _____

Requests: _____(Childcare? Scholarship?)

If you write a check for fee, please make payable to St. Peter's Episcopal Church, and write "Servant Leadership School" or "SLS" on the memo line.

Mail to St. Peter's or drop off at church office.

Deadline: October 1, 2018