

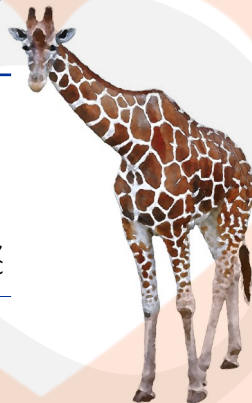
FREE 5-Session Training

Nonviolent Communication (NVC) for Families



*“Every criticism, judgment, diagnosis,
and expression of anger is the tragic
expression of an unmet need.”*

—Marshall B. Rosenberg,
Founder NVC



with

Roxy Manning, PhD

CNVC Certified Trainer

Fridays, January 12 – February 9, 2018, 7:00 – 9:00 PM

5 Fridays: 1/12/18, 1/19/18, 1/26/18, 2/2/18, 2/9/18

Cypress Community Center

403 Cypress Avenue, Room 5, San José, CA 95117

To Pre-register, E-mail: sbpr6666@gmail.com

*Mental challenges and/or emotional distress makes a challenge families face more difficult, i.e.,
how to stay connected while supporting oneself and one's family members with compassion?*

In this Nonviolent Communication (NVC) Workshop, family members will learn the basic NVC skills, and how to apply those skills to effectively communicate with loved ones who are experiencing mental challenges and/or emotional distress. Nonviolent Communication gives a framework to better understand what is truly important to each family member so that each person can choose how to offer feedback that motivates change, not shame; set caring boundaries without judgment; make effective requests, and support one another without burnout.



Trainer Roxy Manning, Ph.D., a licensed psychologist, has worked, to date, with corporations, non-profits, community groups, and individuals from five continents to build resiliency, improve performance, increase effective communication, and reduce harmful conflict in diverse settings.

Dr. Manning's Website www.manning.learnnvc.org

Presented by



www.southbayprojectresource.org

This is a
ZERO
WASTE
Event*

* bring your
own mug,
napkin, etc.