

Non-Violent Communication Workshop to be Held April 22 at the UU Church at Washington Crossing

On April 22, 2006, from 10:00 AM to 2:00 PM, the UU Church at Washington Crossing (Titusville NJ) presents a workshop on non-violent communication. Its purpose is to strengthen our ability to inspire compassion from others and to respond compassionately to others and to ourselves. Non-violent communication guides us to reframe how we express ourselves and hear others by focusing our consciousness on what we are observing, feeling, needing, and requesting.

Eliane Geren, will be leading this workshop. Since 2003, Eliane has also held NVC training sessions, twice a month, at the Middlesex County Adult Corrections Center in North Brunswick NJ. More than one session has begun with one man expressing strong anger toward another, and ended with the initially angry man asking the other how he can make the latter's life more enjoyable. When not teaching NVC, Eliane works as a nutritionist at a clinic serving a largely immigrant population.

Childcare will be provided. The fee for this event is \$15.00. Contact UUCWC at 609-737-0515 to make your reservation.

The UU Church at Washington Crossing is located at 268 Washington Crossing-Pennington Road in Titusville NJ. For directions, go to <http://www.uucwc.org/locat.html> or call 609-737-0515.