

What is NVC? Nonviolent CommunicationSM (NVC) is a unique approach to communicating that was developed by Marshall B. Rosenberg, Ph.D, during the 1960s civil rights era. Since then, NVC has been used to mediate and resolve conflicts in a variety of settings and circumstances, from marriages to parenting to social issues, in the US and around the world. Would you like to learn more? Join us for a free introductory talk, **Sunday, November 5, noon – 1 pm**, at the Unitarian-Universalist Meetinghouse, 245 Porter Lake Drive, Springfield. Presented by Jerry Koch-Gonzalez, founder of the Communicating with Compassion Project, a nonprofit organization devoted to spreading the tools and consciousness of NVC throughout the Pioneer Valley and beyond. Sponsored by the Institute for Peaceable Communities and the Unitarian-Universalist Society of Greater Springfield.

Join us for a **workshop on *Communicating With Compassion***

An introduction to the principles of Nonviolent CommunicationSM (NVC), **Saturday, November 18, 9:30 pm – 4:30 pm**, at the Unitarian-Universalist Meetinghouse, 245 Porter Lake Drive, Springfield.

This workshop will be presented by Jerry Koch-Gonzalez. Jerry has been organizing, educating, and consulting for social justice for more than 25 years. He is the founder of the Communicating with Compassion project and co-founder of its parent organization, the Institute for Peaceable Communities.

Requested contribution: sliding scale \$75-\$40 (av. \$60). All are welcome regardless of ability to contribute financially. Educational credits may be available for childcare providers and educators. To register call Jerry at 413-549-1747 or register online at www.communicatingwithcompassion.org. Sponsored by the Institute for Peaceable Communities and the Unitarian-Universalist Society of Greater Springfield.