

Nonviolent Communication

AN INTERACTIVE STUDY GROUP

*Based on Marshall Rosenberg's book:
Nonviolent Communication (NVC), A Language of Life*

Facilitator: Molly Traffas, LCSW

Mondays 7:30pm - Jan 7 thru Jan 28, 08 - \$10.00/wk

**First Session (Jan 7) will be 2 hrs: Overview & Observations
Jan 14, 21 & 28 will be 1 1/2 hrs: Feeling/Needs/Requests**

Nonviolent Communication's purpose is to create a quality of connection with ourselves and others in which everyone's needs are equally valued and met through natural giving.

Book is available for \$15.00
Scholarships available

Space is limited - Please call today to reserve your spot



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