

# Raising Children Compassionately



## Nonviolent Communication for Parents

### Bliss Yoga in Woodstock New York

with Roberta Wall [www.steps2peace.com](http://www.steps2peace.com)

**Monday August 23 & 30 7:30--9:30 pm**

Nonviolent Communication (NVC), developed by Dr. Marshall Rosenberg, supports the transformation of parenting practices. NVC helps us and our children enjoy our parenting.

**With NVC, instead of getting triggered into expressing anger, guilt, blame or shame, we learn ways of listening and communicating that bring us into connection with our children and make it possible for everyone's needs to be met;**

As parents, we have core needs for our children's well being, safety and growth; we yearn for ease, contribution and effectiveness in our parenting; and we dream of relationships with our children that satisfy these needs as well as our needs for communication, intimacy, understanding, respect and connection. We dream of relationships that satisfy our children's needs for choice, spontaneity, joy and self-expression.

The NVC Parenting Model is Life Enriching and Life Affirming as opposed to the model that is either permissive or based on domination. This means that with NVC we identify and value what is important to everyone in the family, and learn skills, consciousness and ways of expression which reflect this value. This deepens trust, communication and harmony in the family.

**Location:** Bliss Yoga, 6 Deming St, Woodstock, NY

**Donation:** Sliding scale: \$40-\$80 for the series of two classes; to participate, you must come to the first class. Sliding scale= you choose to offer what you wish on this scale: Please note that people contributing \$60 or more will be supporting the attendance of parents who would otherwise not attend. No one will be turned away for lack of funds

Pre payment strongly encouraged to hold your space and to help our planning!

**To register call 845 246 5935 or email [info@steps2peace.com](mailto:info@steps2peace.com)**