

Raising Children Compassionately



**Nonviolent Communication for Parents
with Roberta Wall
Saturday September 29 1-5 pm
Kingston, New York**

Nonviolent Communication (NVC), developed by Marshall Rosenberg, supports the transformation of parenting practices.

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 which satisfy these needs and our needs for communication, intimacy, understanding, respect and connection. We dream of relationships which satisfy our children's needs for choice, spontaneity, joy and self expression.

In NVC, instead of getting triggered into expressing anger, guilt, blame or shame, we learn to practice, first, self-empathy, and then empathic listening and expressing to others in the family. Following this model, everyone's needs are met; giving and receiving freely is possible; no one's needs and dreams are met at the expense of others' needs and dreams.

**Location: 59 Green Street (corner of Pearl Street)
Kingston, New York**

Cost: \$60.00 (Please inquire if discounts apply)

Childcare available if requested at time of registration

To register call 845 339 6369 or email info@steps2peace.com

www.steps2peace.com