

Sample Practice Group Announcements

One of the most important steps of building an NVC community and supporting people in learning is to provide workshop participants with next steps: additional opportunities for learning and practice. Below is a sample of the type of handout that the local team would develop and print prior to a training, to be handed out with the workshop packets.

[CITY/AREA NAME] UPCOMING LEARNING OPPORTUNITIES

WORKSHOPS

Empathy with Self and Others

Presented by John Cunningham, CNVC Certified Trainer

Saturday, May 29th • 9:00am – 5:00pm • New Grange Hall, Portland, OR

\$60-\$80 sliding scale. For more information or to register: michelleb@pcnet.com or 503-539-2662)

CURRENTLY OPEN PRACTICE GROUPS

The following groups are self-forming. The only requirement for hosting a practice group is a desire to learn, grow, and contribute to others in this way. As a participant, your experience will vary widely between groups, so if your needs are not met in one group, you are invited to make requests to get them met or find another group. Keep updated with newly forming practice groups on www.peaceteam.nvc.org, or by writing or calling Tim at: timsb@fast.net or 503-453-7444.

NE PORTLAND AREA

Reading/discussion/practice group meeting Wednesdays, beginning May 7th, 2004, 7:00pm-9:00pm. We will use Lucy Leu's Companion Workbook. We request that participants have some previous experience with NVC.

Location: 414 NE 71st Ave, NE 71st & Glisan, Portland. Duration: 13 Meetings. Group size: limited to 12 people, wanting a commitment that people intend to be at all meetings. Contact: Amy Bean at 503-261-1687, choreogr@dancing-giraffe.com

MT. TABOR AREA

Group Starting, using Video to begin, contact: yannashu@yahoo.com

BEAVERTON/HILLSDALE AREA

Meeting Wednesday evenings 7:00pm- 9:00pm, running April 30th - July 13th. Location: Reed Miracles Center in Hillsdale. Using Lucy Leu's Companion Workbook and Marshall Rosenberg's Introduction to Nonviolent Communication book. Group Size: limited to 10 people. Contact: Cathy Merchant at 503-768-9008 or cathym@cpyor.org.

LAKE OSWEGO AREA

Ongoing role-play practice group meeting very other Monday, 7:00pm-9:00pm in Lake Oswego/ Mtn Park area near PCC Sylvania. Beginning May 12th. Contact Rich Aanrich and Cat Wilson at 503-525-0595.