

HOME FOR THE HOLIDAYS?

HOW TO REDUCE THE TORTURE AND INCREASE THE JOY THIS HOLIDAY SEASON

For many of us, the holiday season is full of hope that we'll enjoy warm, welcoming, positive connections with our loved ones. All too often we find ourselves having painful experiences instead.

In this 1½ day workshop we'll share powerful tools for regaining and maintaining peace, nourishment, and harmony in our closest relationships, including:

- ◆ the causes of our own and others' pain
- ◆ an empowering way to understand "negative" emotions
- ◆ how to connect with ourselves in ways that nourish us, regardless of what others are (or aren't) doing
- ◆ how to connect with others in ways that promote harmony, connection, and thriving

We'll use examples from participants' lives to illustrate and practice how to create satisfying family relationships.

Dates:	Friday December 2 (6:30-9pm) and Saturday December 3 (9am-4pm, with a bag lunch break)
Prerequisites:	None
Cost:	\$80.00 - \$120.00 sliding scale. No one turned away for lack of funds.
Location:	CHAPEL at St. David of Wales Episcopal Church, 2800 SE Harrison St., Portland, OR, 97214 (*see details below)
To Register:	CLICK HERE, or email us at register@joyfuladventure.com with your contact information and self-selected fee amount
Questions?	Call 503-953-0333 (Fred) or 612-483-1822 (Vika)

Vika Miller, MA is a business consultant, entrepreneur, and transformation coach with 26 years' experience helping large and small business owners, students, people receiving public assistance, healers, philanthropic organizations (including Head Start), and many others manifest their most beloved dreams and create dramatic results in their lives. www.joyfuladventure.com.

Fred Sly, MA is a certified NVC trainer with 12 years' experience, completing a Ph.D. in Clinical Psychology. He offers NVC training to individuals, couples, families, groups, and organizations, and general counseling and mediation services. Fred co-created and directed the original San Quentin NVC Prison Project in 2003, and currently directs the Oregon Prison Project, which provides NVC training inside Oregon State Penitentiary and three other Oregon Prisons. www.rosecitynvc.org

***WHEN YOU ARRIVE:** Park on Harrison Street or 28th Avenue, or in the church parking lot. The Chapel entrance is on Harrison Street, closest to the corner of Harrison Street and 28th Avenue, and is conveniently labeled "Chapel." (It's also the first door to the left of the main entrance of the church on Harrison St.) Please arrive 10 minutes early so we can begin at the time listed.