

PARENTING USING NONVIOLENT COMMUNICATION[©], NVC

During these challenging economic times, the holiday season can stimulate a great deal of frustration and pain in our relationships with children and spouses.

In this two-part class we will learn and practice the four steps and two parts of the NVC model using examples from your parenting experiences to support building skill and competence. This class will begin on Friday evening Nov. 11th at 6:30pm ending at 9:00pm, and will begin on Saturday morning Nov. 12th at 09:00am and end at 4:00pm. A lunch break will be provided on Saturday.

Prerequisite: None

Cost: \$80.00 - \$120.00 sliding scale. No one turned away for lack of funds.

Nonviolent Communication (NVC) is a skill and consciousness developed by Marshall Rosenberg. For more information about NVC contact www.cnvc.org For NVC trainings in Oregon and Southern Washington contact www.orncc.net For Fred's trainings access www.rosecitynvc.org

Fred Sly MA is a certified NVC trainer with 12 years of NVC experience. Fred has offers trainings to individuals, couples, families, groups, and organizations and offers counseling and mediation services as well. Fred has taught subjects ranging from sciences to alternative building methods both in schools and colleges and outside formal education settings. Fred has organized the Oregon Prison Project that provides NVC trainings inside Oregon State Penitentiary and three other Oregon Prisons.

This course will be held at St. David of Wales Episcopal Church, 2800 SE Harrison St., Portland, OR, 97214. Park in the church parking lot, walk past the main entrance of the church on Harrison St. and enter the door labeled, "Chapel." Please arrive 10 minutes early so that we can begin at the time listed. To register, contact Fred using the information below.