



Monterey Bay Zen Center Presents:

# Mindful Communication

Making Peace with conflict using  
**Nonviolent Communication (NVC)**

- \*Hear each other with compassion and respect
- \*Clearly speak your truth without blame and judgments
- \*Separate needs from requests and requests from needs
- \*Learn powerful practices of listening and translating

**Saturday Workshop, May 1, 2010**

**9:30am - 4pm**

Outcalt Chapel, Community Church of the Monterey Peninsula  
*(on Carmel Valley Road, one mile in from Highway 1, next to Rancho Canada Golf Course)*

**Thursday Classes, May 6 and 13, 6:30-8:30pm**

*(those already familiar with NVC are welcome to attend the Thursday nights, without attending May 1)*

With NVC we can find a consciousness shift and specific ways of expressing ourselves and listening to others, which strengthens our ability to communicate compassionately. We will incorporate life examples, fun and laughter to balance the deep insightful work.

This workshop is facilitated by Jean Morrison, MA, certified trainer with the Center for Nonviolent Communication since 1989 ([www.cnvc.org](http://www.cnvc.org)); co-founder of Nonviolent Communication Santa Cruz ([www.nvcsantacruz.org](http://www.nvcsantacruz.org)) and co-creator of educational materials ([www.nvcproducts.com](http://www.nvcproducts.com))

**Please pre-register by calling Patricia Wolff 831-659-3042**

Requested contribution for workshop and classes \$160-\$130.

**CEU's credits are available for MFC and LCSW and RN**