

# ***Connected Parenting*** **Through Nonviolent Communication**

*All are invited to this introductory evening and Saturday workshop to learn communication skills that can foster greater connection, trust and cooperation among family members*

***Childcare  
available!***

◆ **Monday, June 7, 2004, 7:00–9:00pm** ◆

HOME BASE, 2750 Todd St., Alameda Point (former naval base)  
(From Atlantic, turn right at Main, left at signal at Midway, right on Todd to red awning)

***Tell your  
friends!***

◆ **Saturday, June 19, 2004, 10:30am–5:30pm** ◆

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HOME BASE, 2750 Todd St., Alameda Point (former naval base)  
(From Atlantic, turn right at Main, left at signal at Midway, right on Todd to red awning.)  
Please bring bag lunch; beverages provided. - Suggested donation: \$0-150

To sign up for childcare, register for workshop, or get more information, please contact Cassandra Arnold at 510-337-0354 or [legacyoflight@comcast.net](mailto:legacyoflight@comcast.net)

***“If you want to learn how to listen and connect with your child in a profoundly different and deeper way, come to this workshop.”***

– Previous workshop participant

- ◆ **Transform “No!” and anger into opportunities to nurture trust and empathy**
- ◆ **Avoid “power struggles” and increase your awareness about your own reactions to your child**
- ◆ **Tune into the needs behind anyone’s behavior, child or adult**
- ◆ **Move from judgments to mutual understanding and compassion**

Nonviolent Communication (NVC) has been described as a language of compassion. Its basic premise is that underlying all human actions are needs that people are seeking to meet, and that understanding and acknowledging these needs can create the basis for more connection, cooperation, and peace. For more information, please see [www.cnvc.org](http://www.cnvc.org) and [www.baynvc.org](http://www.baynvc.org).

Inbal Kashtan will be our trainer. She is the Parenting Project Coordinator for the Center for Nonviolent Communication (CNVC), the co-founder of BayNVC in Oakland, the mother of a young boy, and the author of *Parenting from Your Heart: Sharing the Gifts of Compassion, Connection and Choice*.

◆ **Everyone is welcome regardless of ability to pay!** ◆

Suggested donation: \$0-20 for the introductory evening; \$0-150 for the all-day workshop

Sponsors include the Home of Truth Spiritual Center and the Alameda Peace Network