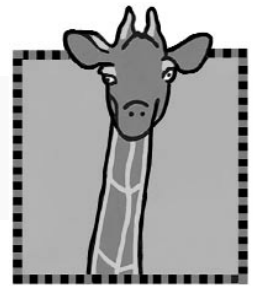


August 2003



NVC Sedona CALENDAR

for more statewide events see NVCAZ.com • for international events see CNVC.org

Communication in Intimate Relationships: a workshop on the magic of connecting around love, sex, money & more

Certified Trainer Sylvia Haskvitz will facilitate the daylong workshop to be held at 7 Centers Yoga Arts in Sedona **Saturday September 13th**. Learn how to take your communication skills to new levels, speak from your heart without blame, shame or criticism, gain clarity to make clear requests, get more of your needs met and transform painful interactions into healing connections.

Requested contribution is \$85 for one person, \$150 for two with childcare available. Please contact Norman Pasewalk at 928 203-4136 to register.

Marshall Rosenberg Visits Phoenix in Oct.!

Join us for this rare Phoenix appearance of international peacemaker Dr. Marshall Rosenberg, creator of the Nonviolent Communication process ("NVC") and author of Nonviolent Communication, A Language of Compassion. Experience for yourself the healing of NVC and learn how to bring the power of compassion to your relationships with friends, family, coworkers, and perhaps most importantly, yourself. Space is limited, so reserve your spot early for this very special event!

October 15 - 7pm-10pm

An Introduction to Nonviolent Communication Workshop Fee: \$35

October 16 - 9am-5pm

All-Day Intensive NVC Workshop, lunch Included. Fee: \$125-\$150. To register: by credit card go to nvcaz.com/mbr/index_form.html and use the online form, or call Chris Dove at 623-915-5508.

NVC Sedona Library Update

We will soon have local access to a wide selection of NVC books, audio tapes and videos! We will be donating an assortment to the Sedona Library for public access, also hoping to get them into local schools and offering a large selection for sale at local events. Library donations are still gratefully accepted.

Sedona Area Events

Coffee & Connection:

It's been so successful it looks like it's going to be a regular event! An informal gathering for the local Nonviolent CommunicationSM Community at the Ravenheart Coffeehouse in West Sedona. Please join us, everyone is welcome!

Saturday August 16th 8:30 to 10:30am

An Introduction to NVC

Held the 1st Wednesday of each month, the next will be Sept. 3rd.

For info call: Norman Pasewalk 203-4136

On-going NVC Practice Groups:

We want to know your needs around forming new practice groups. How do you feel about locations, childcare, financial contributions and facilitators? Please all or email any facilitator with your thoughts.

■ Monday evening structured classes with practice. Taught in consecutive six week sessions.

Call for start of next series of classes.

Jessica Sierra 204-1360

\$90. requested for each 6 week session

■ Tuesday evening practice group has moved to Suzan Hatch's home and is now child friendly!

6:30-8:30 Norman Pasewalk 203-4136

\$15. requested donation

■ Wednesday evening practice group 7:00-9:00

Mark Schultz 284-3210

Please call in advance if you have not attended one of the above practice groups previously.

Request For Volunteers

We need your talents and efforts! Anyone interested in offering help with childcare, registration, distributing flyers, connecting with schools, grant writing, phone calling, you name it, please call Suzan: 203-4136, suzan@sedona.net.

Your Sedona NVC Facilitators

Norman Pasewalk 203-4136

Jessica Sierra 204-1360

Mark Schultz 284-3210