

NONVIOLENT COMMUNICATION

**Learning and Practicing Nonviolent Communication, aka
Compassionate Communication, will begin on June 7,
11:30-1 pm and will meet the
1st/3rd Friday of each month throughout the summer!**

Whether you are an experienced learner or beginning to learn NVC, all are welcome to attend! Also, bring your lunch or snack if this is a lunch time away from work and enjoy the casual setting provided by Hillwood Presbyterian Church, 6220 Hickory Valley Rd, 37205.

Each Friday we'll focus on learning the skills and practices of Nonviolent Communication. These tools are a consistent internal resource as we navigate all that life offers.

Please contact me via email at carlenemaginnis@gmail.com to register for this group. I hope to see you soon!

What? NVC Group, Learning and
Practicing NVC

When? June 7 and 21, July 5 and 19, August 2 and 16

Time? 11:30-1pm

Where? Hillwood Presbyterian, 6220 Hickory Valley Rd, 37205

Facilitated by :

Carlene Maginnis

Certified Trainer with The Center For Nonviolent Communication

JOIN US!

please email me to register!

carlenemaginnis@gmail.com