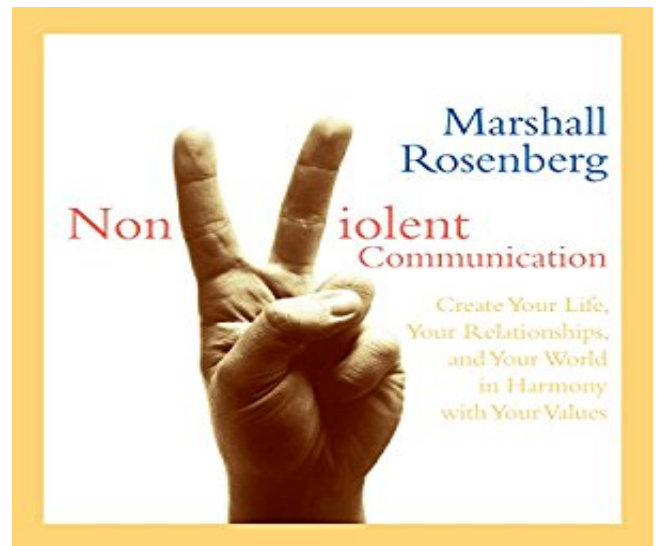
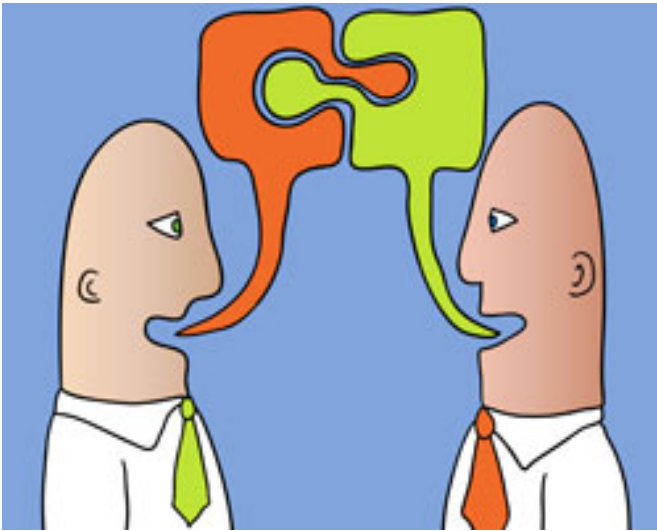


NON-VIOLENT COMMUNICATION WORKSHOP

May 3 at 7 pm held at Rumson Presbyterian Church
4 East River Road, Rumson NJ



With *NVC* we learn to hear our own deeper needs and those of others. Through its emphasis on deep listening—to ourselves as well as others—*NVC* helps us discover the depth of our own compassion. This language reveals the awareness that all human beings are only trying to honor universal values and needs, every minute, every day.

- *Improve relationships with family, friends, co-workers*
- *Stay peaceful in the face of judgement, criticism and anger*
- *Discover common ground with anyone, anytime, anywhere*
- *Break patterns of thinking that lead to stress, depression, guilt, or shame*
- *Speak, think and listen in ways that inspire compassion and understanding*

Monmouth Community Climate Coalition

RSVP @ monmouthclimate@gmail.com.

MCCC Representation so far: American Association of University Women | Clean Water Action | Climate Action Team, Unitarian Universalist Congregation of Monmouth County | First Presbyterian Church Rumson | Food and Water Watch | Holmdel Community United Church of Christ | Jersey Shore Sierra Club | Lutheran Church of the Good Shepherd Holmdel | Monmouth Center for World Religions and Ethical Thought | Monmouth Reform Temple | Old First Church Middletown | United Methodist Church Red Bank | WATERSPIRIT

