

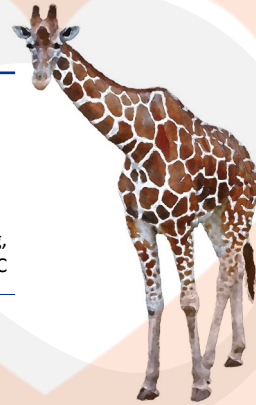
**FREE** 5-Session Training

# Nonviolent Communication (NVC) for Families



*“Every criticism, judgment, diagnosis,  
and expression of anger is the tragic  
expression of an unmet need.”*

—Marshall B. Rosenberg,  
Founder NVC



with

**Roxy Manning, PhD**

*CNVC Certified Trainer*

**Fridays, January 12 – February 9, 2018, 7:00 – 9:00 PM**

**5 Fridays: 1/12/18, 1/19/18, 1/26/18, 2/2/18, 2/9/18**

**Cypress Community Center**

**403 Cypress Avenue, Room 5, San José, CA 95117**

**To Pre-register, E-mail: [southbayprojectresource@gmail.com](mailto:southbayprojectresource@gmail.com)**

*Mental challenges and/or emotional distress makes a challenge families face more difficult, i.e.,  
how to stay connected while supporting oneself and one's family members with compassion?*

In this Nonviolent Communication (NVC) Workshop, family members will learn the basic NVC skills, and how to apply those skills to effectively communicate with loved ones who are experiencing mental challenges and/or emotional distress. Nonviolent Communication gives a framework to better understand what is truly important to each family member so that each person can choose how to offer feedback that motivates change, not shame; set caring boundaries without judgment; make effective requests, and support one another without burnout.



**Trainer** Roxy Manning, Ph.D., a licensed psychologist, has worked, to date, with corporations, non-profits, community groups, and individuals from five continents to build resiliency, improve performance, increase effective communication, and reduce harmful conflict in diverse settings.

**Dr. Manning's Website** [www.manning.learnnvc.org](http://www.manning.learnnvc.org)

Presented by



[www.southbayprojectresource.org](http://www.southbayprojectresource.org)

This is a  
**ZERO**  
WASTE  
Event\*

\* bring your  
own mug,  
napkin, etc.