

**The Dispute Resolution Center is pleased to offer a
special community workshop**

Nonviolent Communication

Wednesday, September 6th.

5:30 - 7:00 p.m.

at

**Olympia Unitarian Universalist Congregation
2315 Division St NW, Olympia**

Nonviolent Communication (NVC) begins by assuming that we are all compassionate by nature and that violent strategies - whether verbal or physical - are learned behaviors taught and supported by the prevailing culture. NVC also assumes that we all share the same, basic human needs, and that each of our actions are a strategy to meet one or more of these needs.

People who practice NVC have found greater authenticity in their communication, increased understanding, deepening connection and conflict resolution.

The workshop will be presented by Liv Monroe, a certified trainer in nonviolent communication and long-time DRC volunteer.



Presenter Liv Monroe