

# Connecting Across Differences`

## ~ an introduction to *Nonviolent Communication* & *Interpersonal Neurobiology*

**April 7 & 8, 2018**

**9 – 4 both days**



-You will practice skills for thinking and relating that build connection, even with people we are in conflict with.

-You will learn about Interpersonal Neurobiology - what is happening in our bodies when we are reactive .... and how to build self-regulation capacities.

-You will have fun and learn empowering ways of being a constructive person, partner, parent, community member, citizen.

### **This is a fundraising event for WERU-fm Community Radio**

Location: **Moore Community Center, 133 State St, Ellsworth, ME 04605**

Peggy Smith is a certified Nonviolent Communication (NVC) trainer who loves adding the new neuroscience information to this empowering process. More about Peggy: [www.clarityservices.us](http://www.clarityservices.us)

Fee request ~ \$140. No one is turned away due to finances. Register & pay online or if you are offering a reduced amount download registration form and mail a check. Complete directions found -

<http://opencommunication.org/schedule.html>