



The LWV Umpqua Valley presents a **Listening Project** for Douglas County

Our goal is to create a *Culture of Listening* in our community. When we remember we are neighbors, we want to listen to one another with civility and mutual respect.

As part of this project, we are sponsoring trainings in Community Wellness Focusing. Focusing is a body-based technique that includes deep listening skills and the development of the kind of self-understanding that allows us to stay open to others even when their opinions differ from our own.

Please join us!

For a six-week course meeting on Thursdays from 1:30 to 4:00 pm at the Unitarian Universalist Church, 2167 NW Watters Street in Roseburg, OR.

Classes start on Feb. 16, 2017 and continue in March (2, 9, 16, 23, & 30)

Certified Focusing Trainer (and former Director of the Confidence Clinic)
Anna Willman will lead the class.



To register, call 541-672-1914. Class size is limited to 12 students, admitted on a first-come, first-served basis.

Students will be asked to contribute to training fees by paying whatever they feel the course is worth to them. No one will be turned away for inability to pay.

Also see our website: <https://lwwuv.wordpress.com/program/listening-tour/>