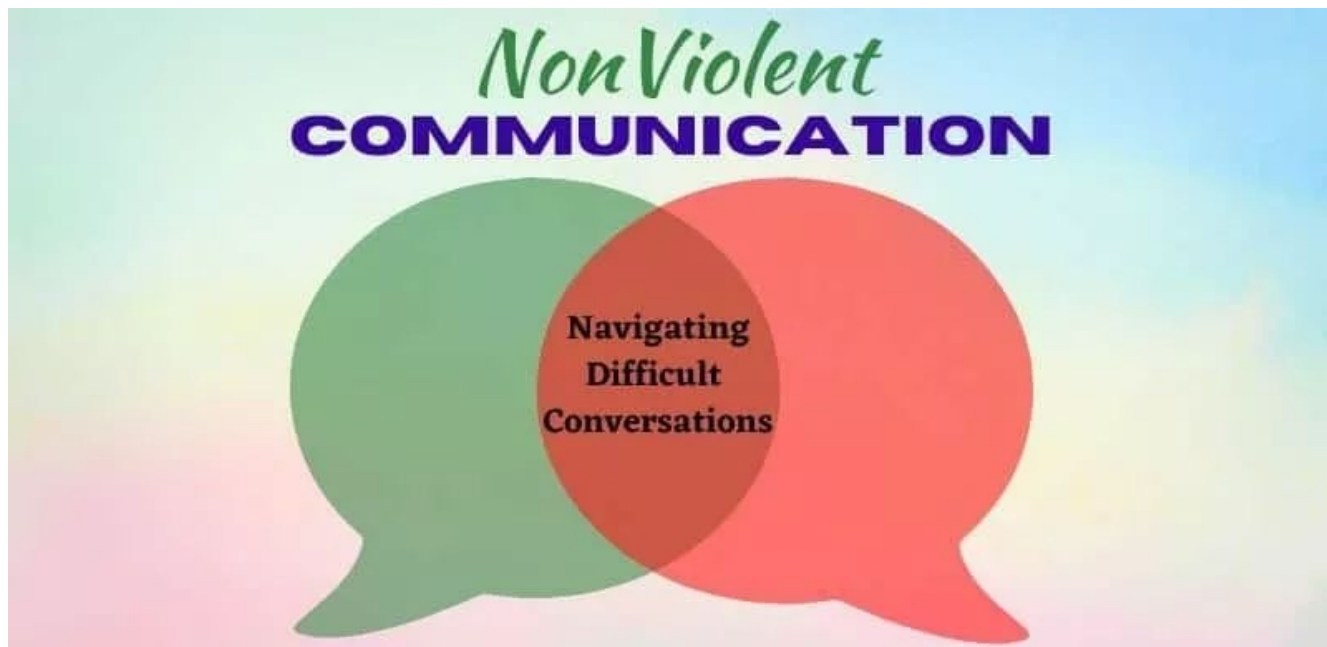


Free Event



INTRODUCTION TO NONVIOLENT COMMUNICATION

DECEMBER 3, 2022, 1:00 – 3:00 PM

NONVIOLENT COMMUNICATION HELPS YOU

- 1. Free yourself from the effects of past experiences and cultural conditioning*
- 2. Break patterns of thinking that lead to arguments, anger, and depression*
- 3. Resolve conflicts peacefully, whether personal, public, domestic, or international*
- 4. Create social structures that support everyone's needs being met*
- 5. Develop relationships based upon mutual respect, compassion, and cooperation*

Enjoy Powerful and Satisfying Relationships in All Areas of Your Life

Facilitated by Donna Smith

**Location - Umpqua Unitarian Universalist Congregation
2167 NW Watters Street, Roseburg, OR 97471
For more information, call UUUC at (541) 672-2250**

To ensure the safety and comfortability of all who attend gatherings at UUUC, our Covid Mask Policy is:
For those fully vaccinated or those unvaccinated who test negative within the 24 hours
prior to attendance, masks are optional.