



COMMUNICATION for CONNECTION

Based on the internationally successful principles of

Nonviolent Communication (NVC)

As developed by Dr. M. B. Rosenberg

Add to your toolbox ways to meet the challenges of parenting that include; living your values, holding your boundaries, improving connection & cooperation, empowering your children and more...

NVC is a 'how to' process that really works!

PARENTING with NVC - Hastings

6 Tuesday evenings beginning:

May 30th thru July 4th 7pm-9.15pm

Investment: \$250 (\$220 w/ \$50 deposit by May 23rd)

Grants and group discounts available

Facilitator - Registration: Filipa Hope filipahope@gmail.com ph: 027.451.3445



"It is my privilege to teach NVC since 2010. As a parent, I want to model empathy, self-responsibility and the ability to hold boundaries firmly. I want to model connection skills that nurture empowerment. NVC supports me to live attuned to my values. I love supporting others to discover the power in NVC."

More information: www.nvc.org.nz

"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." Viktor E. Frankl