

September 27 - 29, 2019

Fri 6:30-9; Sat 9-5 & 7-9; Sun 10-4

GRIEF & GRATITUDE

Facilitated by
**Center for Nonviolent
Communication**
(CNVC) Trainer,
Kristin Masters
from Santa Cruz, California

Workshop Location:

The United Methodist
Publishing House
2222 Rosa Parks
Nashville, TN 37228

Due to the topic and capacity to facilitate it, **seats will be limited to 55 registrants.**

If this workshop appeals to you and cost is the only barrier, please contact Melissa Red (melissa.k.red@gmail.com) to discuss how we can help support your attendance.

Register Early

Cost: Early-bird \$225;
After August 31st \$275



Register at www.NVCNashville.org

We live our human lives in a constant state of celebration and mourning for that which we love. And yet many of us have been taught to stay away from the grief and the mourning around our losses. We often believe that we are supposed to grieve alone, rather than burdening others with our sadness. In contrast to this belief, in neurobiological reality, our grief is richest when we are able to grieve together.

Many of us know the sustaining and healing powers of practicing gratitude. This too, supports the healing cycle of grief and mourning. NVC offers an added richness to the practices of gratitude that we already know and use, as well as lending it's frame to develop a few more. Whether you've experienced Nonviolent Communication (NVC) or are new to this work, all are welcome.

**For more information on the transformative power
of Nonviolent Communication**
please see NVCNashville.org
or contact melissa.k.red@gmail.com