

# Creating Peace Through Connection

Does communication with people in your life sometimes take negative turns? Have you felt baffled by hurtful responses that you don't understand? Do you find yourself in communication patterns that simply block connection and repeat themselves? Communication should not hurt!



Nonviolent communication (NVC) teaches a set of skills that lead to transformed relationships and more peace in self, families, organizations, and communities. In this basic introduction, you will learn the four components that create a model for the practice and engage in some “play” to demonstrate the power of the process.

**Tuesday June 7**

**6:30 - 8:30pm at Albany UU - 405 Washington Ave.**

To register, send an email to [registration@albanyuu.org](mailto:registration@albanyuu.org), or contact the church office at 518.463.7135.

*There will also be a special presentation about Family HEART Camp-NY from 8:30 - 9:00 pm.*

Facilitated by Albany UU member, Jan McCracken