

NVC for Mother's Day



A workshop for
mothers & their adult children

May 3, 2009, 9:30am – 5:30pm
BayNVC offices, Oakland, CA

Deepen your relationship using Nonviolent Communication

- Explore the challenges in the adult mother-child relationship and learn how to work through them
- Share authentically with each other and move towards healing in supportive community
- Celebrate and express the joys in your relationship

Workshop facilitators Roxy Manning and Sigal Shoham have been offering NVC retreats, workshops and classes in the Bay area and across the US.

To support depth & connection, the class is limited to 12 mother/child pairings. A basic understanding of NVC is desirable, but not required for participation. Contact us to explore attending without your family member.

Requested Contribution: Sliding Scale \$85-170 per person (\$170-340 per pair)



For more information contact BayNVC at
510-433-0700 or register@baynvc.org.