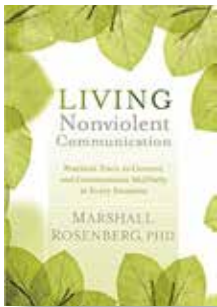




Living Nonviolent Communication:

Practical Tools to Connect and Communicate Skillfully in Every Situation

In this age of deep and sharp divisions, we need a way forward based both in communication and spirituality. *Living Nonviolent Communication: Practical Tools to Connect and Communicate Skillfully in Every Situation* by Marshall Rosenberg, Ph.D. offers us tools to defuse arguments and create compassionate connections with family, friends and others.



Connecting person to person, soul to soul creates healing and draws on the spiritual in each of us. This series of six sessions for men and women will involve reading, practice and prayer.

Please purchase the book and read the Introduction and Chapter 1 before the first session.

Facilitators



Rosemary Insley



Joe Olesnavage

Rosemary Insley has Master's degrees in Pastoral Studies and Social Work and is a retired chaplain and bereavement counselor. A spiritual companion, she guides others in the Spiritual Exercises and in retreats.

Joe Olesnavage completed Manresa's Internship in Ignatian Spirituality. He is a spiritual companion and facilitator of the Spiritual Exercises.

Spring 2022

**Mondays
7:00-8:30 PM (EST)**

**Mar. 7, 14, 21 & 28
Apr. 4 & 11**

Meeting via Zoom*

Course Fee:

\$60, due at registration.
Fee is non-refundable,
non-transferable.

*Zoom instructions will be emailed to registered participants on the day of each session.

Register online at
manresa-sj.org/030722-book or
phone 248.644.4933 Ext. 0.



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