

Level 1: Introductory Compassionate Communication Workshop - with Raj Gill (certified trainer)

"Language of the Heart", also known as Nonviolent Communication (NVC), was developed by Marshall Rosenberg. It is an inspiring way to bring warm empathy, compassion and understanding into our lives and deepen our connection with ourselves and others. It offers us a language and process for expressing our needs and listening to others. It is a way of communicating that strengthens our ability to stay in touch with our humanity and get our needs met, even under difficult circumstances.

Time:

Friday, September 17th 7-9pm and

Saturday, September 18th 9:30am-4:30pm (snacks and tea included)

Place:

Intrepid Theatre, 1609 Blanshard at Fisgard, next to Serious Coffee

Cost: \$125.00 Pre-registration required – (a \$40.00 deposit is required to complete registration.)

Level 2: NVC Practice group - with Carla Munroe

Time:

10 Tuesdays, September 28th - Dec. 7th from 7-9pm

Place:

838 Pandora Ave. (Unity Victoria office)

Cost:

\$200.00 (a \$40.00 deposit is required to complete registration.)

Pre-requisite: Level 1 (Introductory Workshop)

Level 3: NVC Peer group

Each member of the group takes one or two evenings to facilitate different chapters and exercises from the NVC workbook. This is chance to have fun lead and practice a deeper embodiment of the NVC tools with your peers.

Time:

Monday nights, starting September 27th - December 13th from 7-9pm

Place:

838 Pandora Ave. (Unity Victoria office)

Cost:

\$50.00

Pre-requisites: Level 1 (Introduction) & Level 2 (Practice Group and/or Intensive)

\*Also coming in October\*

Level 2: NVC Intensive - The Circle of Wholeness: Connecting to your authentic Self and each other. The focus is connecting to your authentic Self and each other. In this process, healing and forgiveness are possible. We recognize and allow our true sense of Self to emerge.

Time:

Friday, October 8th, 7-9pm and

Saturday, October 9th, 9:30-5:00

Place:

838 Pandora Ave. (Unity Victoria office)

Cost:

\$140.00 (a \$40.00 deposit is required to complete registration.)

Pre-requisite: Level 1 (Introduction)

For registration please call or email the Unity Victoria office at [info@unityvictoria.ca](mailto:info@unityvictoria.ca) or (250) 382-1613  
or send cheque payable to Unity Church, 838 Pandora Ave Victoria V8W 1P4

Thank you.

Unity Church of Victoria

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