

Restorative Circles offer ways for individuals and communities to establish connection, discover meaning and recover power on profound levels. They create a forum for reaching agreements that help sustain effective and nurturing relationships both personally and within society **The Circles** have developed within the Restorative Justice movement, which in recent decades has rediscovered and adapted ways for communities to promote responsibility and healing. Rethinking justice, and engaging with the challenge of consciously building whole system responses to community well-being, has opened up revolutionary possibilities for furthering a culture of peace. Restorative Circles based in NVC has been developed by Dominic Barter, who is also a NVC trainer and in charge of the RJ project for the Center for NVC. His work in Brazil is impacting families and whole communities. For more about Mr. Barter's Restorative Circle system: www.restorativecircles.org

Gina Cenciose has studied nonviolence, conflict resolution and communication for many years. She is a Certified "Community Building" facilitator, "Restorative Circle" facilitator and accredited "Nonviolent Communication" trainer sharing NVC full time for 7 years. She currently runs 7 different NVC year long Integration programs and works as a mentor assisting others through the certification process with the Center for Nonviolent Communication (www.cnvc.org). She also shares NVC in prisons, non profits and hospitals. Gina works as a circle facilitator, offering CB circles to populations in prisons, businesses & families. She has hundreds of days of circle facilitation and trains CB facilitators. Since meeting Dominic Barter, she has started implementing his circle system and facilitating these circles in different environments .

You can read her full bio at www.embodyingempathy.com and see her sharing NVC online at <http://www.nvctraining.com/media/GC/TP-key-diffs-200812/>:

contact: gincen@sympatico.ca

**2 day Introduction
to
Dominic Barter's
Restorative Circles
with
Gina Cenciose
Nonviolent Communication
(NVC) trainer and Restorative
Circle facilitator**

www.EmbodyingEmpathy.com

**January 29-30, 2011
CAMDEN MAINE**

CONTENT: In these 2 days we will introduce to the participants to the powerful and effective process developed by Dominic Barter in Brazil and now developing in some areas of Canada and the U.S.A. The process includes three phases: The Pre-circle, Circle and Post- Circle. During this workshop the purpose of each phase will be outlined and participants will get a taste of how to run a Pre-Circle and Circle. Participants will be able to practice the process with step-by-step integration of the skills. In the process we all come to see how living in a punitive culture damages each of us and how staying focused on the INTENTION of CONNECTION we can experience deep HEALING and contribute to the **WELLBEING** of ourselves and our communities.

What other participants say “ Just the right mix of hands on practice and direct teaching for me. By the end of the 2 days, I felt so close to the others in the class and experienced a profound shift in understanding in a major conflict in my life. I really want to take this out in to the community after getting sufficient further training. “Kristi Kirkham, Lincolnville.

WHAT IS NVC?

Nonviolent Communication is a process that affirms that human beings share common, **universal values** and **needs** (such as for autonomy, community, and choice) and a desire to see these needs met. By focusing on shared values and then moving on to strategies, we can find solutions that are more satisfying, effective, and **empowering**. Nonviolent Communication is based on the premise that:

- We are all trying to get our needs met.
- We fare better if we know how to get these needs met in a cooperative rather than aggressive way.
- Each of us has remarkable inner resources that we can access if we are living in and exchanging **empathy**.

Location: Camden Maine

(no onsite lodging)

Financial Request: \$200

Make check out to: **Norman Pasewalk**
PO Box 1365, Camden, Maine 04843

Registration Form

Restorative Circle 2 Day Jan. 29th and 30th in Camden, Maine

Name: _____

Email: _____

Address: _____

Phone: _____

NVC background is helpful but not required

Enclosed is my
_____ **\$40 deposit** (non-refundable)

Or _____ \$200 entire fee (refundable amount \$160 up to one week before event).

* If trainer cancels workshop, entire amount will be refunded