

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.

ahhttp://www.youtube.com/watch?v=B16vheQPh_AI

For more about Mr. Bater's Restorative Circle system:

contact@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 an NVC based mediator for families, businesses and groups of all kinds, as well as teaching NVC based mediation.

Gina is a colleague of Dominic Barter and has learned his wonderful model directly from him. She has since starting facilitating these circles in different environments.

You can read her full bio at www.embodyingempathy.com and see some of her work at these websites:

www.facilitatechange.org

www.Mainenvcnetwork.org

gincen@sympatico.ca



with
Gina Cenciose

**Nonviolent Communication
(NVC) trainer and Restorative
Circle facilitator**

April 20 & 21, 2010

Meadow Wind Center

For Healing Arts

100 Gray Road

Falmouth, ME

Content of the Training

These two days will introduce 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 **WELL-BEING** 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.

For info:
Peggy Smith 207-789-5299

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 given **empathy**.

Location:
Meadow Wind Center for
Healing Arts
www.meadowwind.org
100 Gray Rd
Falmouth, ME 04105-2018
(207) 878-3899

Financial Request: \$200
Make check out to: **Norman Pasewalk**
Mail to: Peggy Smith, 2807 Atlantic Hwy,
Lincolnville, Me. 04849

April 20 & 21, 2010 9 am – 5 pm

Registration Form

Restorative Circle 2 Day Introduction,

**Meadow Wind Center for Healing Arts,
Falmouth**

Name: _____

Email: _____

Address: _____

phone: _____

NVC background is recommended but not required.

I have taken the following NVC workshops:

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 refunded.