

# Nonviolent Communication

Learn to communicate with clarity, empathy, and confidence.

Join CNVC Certified Trainer Aya Caspi for a hands-on workshop and discover how to express your needs without blame, listen with understanding, and navigate conflicts with ease.



Sunday  
**MAY 4**  
1:00 - 5:00 PM

## LEARN HOW TO:

- Identify and break unhelpful communication patterns
- Express feelings and needs without blame
- Make requests that invite collaboration, not conflict
- Build trust in all your relationships

## UNITARIAN UNIVERSALIST SOCIETY OF SACRAMENTO

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