



## Couples Communication Class

This two-session class for partners, spouses, and best friends will be led by Rev. Diana Holbert and friends

**Saturday the 24<sup>th</sup> of April from 9-noon and**

**Monday the 26<sup>th</sup> from 7-9 PM**

### **Grace United Methodist Church**

Corner of Haskell and Junius, Dallas, Texas

Have you ever longed to reach a point of understanding with someone you care about when you find yourselves divided by disagreements or differences?

If so, you may be interested in learning about Nonviolent Communication.

#### **What it is.....**

Simply put, **Nonviolent Communication (NVC)** is a way of relating to ourselves and others, moment to moment, free of past reactions. By learning to identify your needs and express them powerfully, as well as to bring understanding to the needs of others, you can stay connected to what is alive in you and create a life that is more fulfilling.

**Pre-registration of \$20** is mandatory since we will be buying a book for each couple: *Non-violent Communication* by Marshall Rosenberg. For more information, see <http://www.cnvc.org/>

We also suggest Harriet Lerner's *The Dance of Connection* and Harville Hendrix's *Getting the Love You Want*.

Scholarships are available.

**Open to the neighborhood.**