

# Compassionate Communication Nonviolent Communication

Join us for an Introduction to  
Compassionate Communication  
with MARLA JARDINE Certified  
Trainer for the Centre for  
Nonviolent Communication.



(NVC) is also known as “A Language of Life” based on the work of Marshall B. Rosenberg, Ph.D. It is a way of being in the world that inspires honest expression, compassion and understanding in our lives, deepening our connection with ourselves and others. It is a way of communicating that strengthens our ability to listen empathically staying in touch with our humanity and getting both parties needs met, even under difficult circumstances. Marla is passionate about sharing peace in the world.

Date: Sept 12th–Oct 31, 2018 (8 sessions)  
Time: 6:20 – 8:30pm  
Location: Round Room, 612 David St., Victoria BC  
Fee: \$225 includes handouts (\$100 deposit by Sept 5, 2018)

## About Facilitator Marla Jardine

Marla is a Trainer Certified by the International Centre for Nonviolent Communication (NVC). She has been teaching NVC for 14 years. She has worked as a Psychiatric nurse for 39 years. She enjoys playing guitar, her 6 grandchildren, travelling, dancing and hiking. Marla is passionate about NVC and bringing peace into the world. You can contact Marla at:

Marla Jardine CNVC Certified Trainer  
RPN Registered Psychiatric Nurse  
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Required reading: Dr. Marshall B. Rosenberg’s book, ***Nonviolent Communication: A Language of Life***. Visit [www.cnvc.org](http://www.cnvc.org) to access the first Chapter.

For registration information, please turn over.