Want to be less reactive in difficult circumstances?

Desiring more heart-connection?

The biggest

COMMUNICATION PROBLEM

is we do not listen

to understand,

we listen to reply.

NVC is a skills-building practice of:

- being clear with what's happening
- honoring your feelings and needs
- transforming conflict into intimacy

Join us on Monday's at 10am for a brief introduction and group process!

Starts July 2nd, 2018 at the **Lifelink CLubhouse**