



Mountain Sky Conference  
**Abundant Health** Presents  
The United Methodist Church

# EV'RYONE NEEDS A GOOD LIS'NIN TO!



Empathy is what makes relationships what we treasure. To be “gotton”, to be listened to with a quality of presence, non-judgment, and validation, relaxes our hearts. In these times of competition, polarization, stress, and violence, who among us can live without empathy? Who among us doesn't long for skills to be truly present to what is troubling another? —or ourselves? We will practice and learn together and strengthen our ability to connect heart to heart in a fun and interactive workshop based on dynamic process called **Nonviolent Communication**.

**Sept. 13, 6:30pm - 8:30pm MDT**

**As part of our Mental Health Virtual Fair**

Following the initial workshop, you will have the opportunity to join small groups to continue to learn & practice the art of empathy.



Register for the Mental Health Virtual Fair at:



Facilitator: Bren Hardt, CNVC-certified trainer