



# Nonviolent Santa Fe

<https://nonviolentsantafe.org/>

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**NSF Mission:** *identify, educate, and encourage healing of the many forms of violence that cause needless suffering in our lives*

**NSF Vision:** *promote a culture of peace that fosters respect for all individuals, and rejects all forms of violence impacting our community*

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**WORKSHOP: Saturday, April 19, 2-4pm**

## **“Exploring Nonviolence: Tools for Managing Conflict in Everyday Life”**

Join us to explore the power and potential of nonviolence in ourselves and in the world. Experience with others in this interactive workshop community to:

- Learn what Nonviolence means; examine our current beliefs and practices regarding violence and nonviolence;
- Practice exploring aspects of ourselves that can spark reactions in others;
- Study techniques of de-escalation;
- Bolster your resilience and ability to deal with violence.

Please register by April 17 at [NonviolentSantaFe@yahoo.com](mailto:NonviolentSantaFe@yahoo.com).

Led by Buddhist teacher **Don Handrick**, Chaplain **Wendy Rhema**, and retired SF Firefighter **Ramos Tsosie**.

**The Buddhist Center Thubten Norbu Ling**  
**130 Rabbit Road**