

# Introduction to Trauma-informed Non Violent Communication (NVC)

## WHO:

**Veterans, Veteran Couples, Veteran Family Members**

## WHAT:

- Increase your understanding of how trauma informs your communication patterns and more effective options for improved communication and relationships.
- Learn about the theory and practice of NVC.
- Learn how NVC supports choice between responsiveness vs. reactivity.

## WHERE:

**Central Oregon Veterans Ranch**

65920 61st Street, Bend OR 97703 • [covranch.org](http://covranch.org)

## WHEN:

**Saturdays: April 25, May 23, June 27**

9am - 4pm

(Lunch provided from 12-1pm)

**FREE TO VETERANS!**

To learn more or register for this workshop please email

[alisonp@covranch.org](mailto:alisonp@covranch.org) or call [541-706-9062](tel:541-706-9062)



**Fred Sly** has a an 18 year relationship with NVC. He is a veteran and certified NVC trainer since 2005, currently providing training, coaching, and mediation services to a broad diversity of individuals, couples, families, schools, and organizations in the greater Portland/Vancouver area. Fred has been offering NVC in prisons and jails since 2002. He founded the Oregon Prison Project in 2009, currently offering NVC trainings in five Oregon prisons, two Youth Authority facilities, and three post-release programs. Fred's PhD research in psychology focused on the power of empathy in reducing violence and trauma in our lives.