



Co-sponsored by *Heart to Heart*

Registration

Visit www.pendlehill.org,
or call Ext. 137 at 610-566 4507
or 800-742-3150 (toll-free in US)

Accommodations

Private room \$ 385
Shared room \$ 370
Commute \$ 290

For information about scholarships for
returning citizens, please contact Bobbi
at bd.heart2heart@gmail.com.

Travel

Pendle Hill is just 15 minutes from
Philadelphia International Airport
and 30 minutes outside the city.

The campus is near the Wallingford train station.
Take the SEPTA Media/Elwyn line from
Philadelphia and call for a pick-up.

338 Plush Mill Road
Wallingford, Pennsylvania
Ext. 137, 610-566-4507
www.pendlehill.org

March 17-18, 2018 (Saturday, 9:30 am—Sunday, 5:00 pm) Compassionate Communication: Skills and Awareness for Life in Relationship *A workshop with Stephen Michael Tumolo and Geraldine Scott*

Based on the seminal work of Marshall Rosenberg, this two-day workshop will provide participants with a basic grounding in the theory and practice of Nonviolent Communication (NVC). NVC offers a way of approaching the basic flow of life: expressing and receiving. Its root is compassion and understanding for ourselves and others. During the weekend, we will exercise our ability to notice what we are feeling, identify needs in a situation, communicate our needs clearly, make requests, and learn to elicit compassionately the needs of others. Skillful listening to ourselves and others invite us to greater self-awareness and self-compassion, and a growing ability to live compassionately in all our relationships.



Stephen Michael Tumolo studied Nonviolent Communication with Marshall Rosenberg and Robert Gonzales, and he has been sharing it for over 15 years. He leads Heart-to-Heart, a community organization that empowers people, in and outside of correctional facilities, with skills needed for living increasingly free and creative lives. www.heart2heartinc.org.

Geraldine Scott is a registered nurse with over 30 years experience as a public health educator, serving in community health, advocacy, and health education nationally and internationally. Currently serving as President of Heart-to-Heart, Geraldine offers trainings in mindfulness practices and meditation in and out of correctional facilities.



PENDLE HILL
A Quaker Study, Retreat, and Conference Center