



**Nonviolent Santa Fe**

<https://nonviolentsantafe.org/>

---

**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*

---

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

Join us in the exploration of the power and potential of nonviolence in ourselves and in the world. Explore with others in 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 Jan. 20 at [Training@NonviolentSantaFe.org](mailto:Training@NonviolentSantaFe.org).

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

**Sunday, Jan 28, 2-4pm**  
**First Presbyterian Church of Santa Fe**  
**208 Grant Avenue, Santa Fe**