

Israel and Palestine Workshop

Grieving and Mourning Israel/Palestine & Communicating Across Differences

Are you upset about what is happening in Israel/Palestine?

Are you tired of the vitriolic discourse with friends, family members, or on social media?

Do you want to learn skills to communicate compassionately and effectively across differences? Want a safe place to grieve and mourn?

... If so, this workshop is for you.



Come meet others who care deeply about ending the suffering in the Middle East, and learn how to effectively communicate with others with whom you might not agree!

We are offering a 4-hour workshop where you will learn techniques to deal with your distress, rage, and upset about the situation in Israel and Palestine and also have opportunities to learn and practice skills for hearing those who don't agree with you and expressing yourself more effectively. You will leave feeling empowered to engage in healthy discourse, even with those with whom you disagree.

The workshop will include various mediums for self-expression and compassionate listening and speaking as well as teaching and coaching in Empathic Communication and conflict resolution.

If you and a friend or close relative are struggling to talk about this important issue, we encourage both of you to attend this workshop together – you will have an opportunity to hear each other and deepen your understanding and compassion. And of course you are welcome to come alone.