



CAPACITAR's

Vision is

Healing

Ourselves

Healing

Our World.

CAPACITAR

means

to empower,

to encourage,

to bring each

other to life.

We are an

international

network of

empowerment

and solidarity.

Capacitar teaches

simple practices

of healing,

team building and

self-development

to awaken people

to their own source

of strength and

wisdom so they

can reach out

to heal injustice,

work for peace

and transform

themselves,

their families and

communities.

Using a

popular education

approach,

Capacitar has

worked with

grassroots people

in over

42 countries.

Capacitar for Human Rights Defenders—Patricia Mathes Cane, PhD, Capacitar Founder/Director

For the last five years, Capacitar has received invitations to work with Human Rights Defenders in different countries in Africa, the Americas, Mexico, Asia and the Middle East. A significant value now being promoted by human rights organizations around the world is self-care for activists on the frontlines. There is greater consciousness of the trauma and burnout experienced by those working to bring peace and justice to places of war, violence and corruption.

In March, Capacitar Panama Coordinator Alibel Pizarro and Capacitar Founder Pat Cane co-facilitated a training in Oaxaca for the Mesoamerican Women's Consortium of Human Rights Defenders with 53 women from 12 states of Mexico, as well as from El Salvador, Honduras and Guatemala. The women were lawyers, psychologists, social workers, teachers, healers, grassroots leaders and activists representing a broad cross section of organizations involved in working for human rights for women, children, indigenous, land or water rights and gender violence. Some of the women at the conference had suffered death threats or threats to their families. Others had been imprisoned or threatened by police or authorities. All came to the training with some level of secondary trauma, PTSD, or health problems. After three days, they left Oaxaca strengthened with the Capacitar practices and empowered to continue their courageous work with renewed energy and vision. A second module will be offered to the Consortium in September, and in October, Capacitar healing methods will be presented in Guatemala to JASS (Just Associates) with representatives from 7 countries of Mesoamerica.

Capacitar has been named as a resource for self-care in different manuals for activists including, the Guidelines on Security of the Norwegian Human Rights Fund, Trocaire's Manual for Partners at Risk and the Women's Consortium. Capacitar is developing its own manual for persons working with human rights and with Families of the Disappeared, in collaboration with CEDEHM, the Chihuahua Office of Human Rights for Women. Capacitar hopes to make this manual available in different languages for defenders in many countries. A second manual will also be developed focused on self-care for those working with refugees in border communities, in legal aid, in crisis response, in detention centers and in places of risk.



Capacitar fingerholds for Families of the Disappeared and Human Rights Defenders at CEDEHM, Chihuahua



Capacitar Panamá team and families leading Tai Chi for activists on March 8, International Women's Day, in the central plaza of Colón



Mesoamerican Women's Consortium of Human Rights Defenders from Mexico, Honduras, El Salvador and Guatemala—Oaxaca, March 2015



Capacitar Outreach 2015



Honduras—In February, Capacitar trainer Joan Condon facilitated workshops for Amigos de Jesus, a home for impoverished children situated on over 200 acres in rural Honduras. Presently, there are 123 children from 3 years of age through the upper teens. Most live in family groupings with house parents. The group also runs a bilingual Spanish-English school on site which the children attend.

Workshops were held for staff (house parents, kitchen workers and volunteers) and for teachers. One of the goals of the workshops was to give tools for self-care to the staff and teachers who dedicate themselves to providing a caring home and school environment for abandoned, abused or impoverished children within their own country. Meeting the needs of the children day after day can become stressful. Many of the staff said what they hoped to gain from the workshop was tools to help them develop more patience. A second goal was to give some guidance on how the tools could be used with the children.

Beit Jala, Bethlehem—Capacitar recently offered a workshop at Beit Shams, a community wellness center founded by Eilda Zaghmout and Nimala Kharoufeh in Beit Jala. Twenty-five Palestinian women and men participated, including, social workers, psychologists, student psychologists and grassroots leaders from Bethlehem, Hebron and Ramallah. All were eager to learn the Capacitar practices for self-care and for use with children, families, women's groups and youth. Stress and burnout cause many health problems for Palestinians as they deal with the violence in their communities. A 3-module Capacitar training is scheduled to start at Beit Shams in November, 2015 to run through 2016. Beit Shams offers holistic programs for families and children to create a culture of peace and wellbeing. The Capacitar training will be one of the featured programs at Beit Shams.



Scotland & Zimbabwe—Capacitar Scotland members blessed Shirley Gillan as she prepares to work in Zimbabwe in April with Tree of Life, an organization that offers care and outreach programs for torture survivors and the traumatized. Shirley will train 15 staff and 50 volunteers in psychosocial skills using many of the Capacitar practices. The training will over time be provided to more than 100 Tree of Life volunteer community facilitators who run regular trauma healing workshops, and also to staff at other NGOs who, while trying to do peacebuilding and similar work, are discovering that widespread trauma must be addressed before progress and peace can be realized. Capacitar Scotland is supporting Shirley in her outreach to Africa.



Durham, England: Capacitar Training sponsored by St. Anthony's Priory



Hidalgo, Mexico: Training for seniors sponsored by Presentation Sisters of Watts, CA

Japan—Capacitar Japan outreach is growing in the tsunami zone, the Fukushima area and with groups in Tokyo. Workshops have been offered in the Tokyo area for Resilience and Community Wave, organizations that work to heal gender violence. There is a growing awareness of domestic violence as women work to secure their rights. Trainings have also developed for women of Fukushima at the Koriyama Women's Center. With radiation still affecting the health and wellbeing of children, the mothers are interested in the Capacitar skills as they deal with stress, depression and trauma. Funding has been secured for trainings in 2015 and 2016, as the Capacitar Japan team develops.



Rotary Peru & Rotary Tucson, AZ—Capacitar recently collaborated with Maria Elena McElroy of Tucson Rotary Club Catalina, and leadership of Lima Rotary Club Camacho with trainings in Manchay, San Juan de Miraflores, San Martin de Porres and Villa Maria del Triunfo. The collaboration started in March, 2014 when a team of four women, sponsored by Rotary Tucson, offered 1-day Capacitar trainings to over 250 persons in four poor areas of Lima. The goal for the participants was to multiply the trauma healing practices with at least 5 other persons in their family or community. A follow-up visit was made in March, 2015 by Pat Cane and Maria Elena McElroy to assess the impact of the outreach. Although a number of the 2015 participants were new, those who came for the second year gave enthusiastic reports on how they had multiplied the practices with thousands in their communities and organizations. Rotary leadership in Tucson hopes that this can serve as a model to be replicated by Rotary Clubs with partners in other countries.



Peru, San Juan de Lurigancho—In February, Capacitar offered follow up trainings for groups sponsored by the Sisters of St. Joseph of Australia and Presentation Sisters' Center, Hampi Wasi. Over 110 persons participated in trainings for teachers, community healers, counselors and grassroots leaders. Participants reported on how the Capacitar practices have been used in their outreach programs in poor and violent areas around Lima.



Chihuahua MX: Human Rights Defenders walk the labyrinth during a training at CEDEHM



Atherton, CA: A training for caregivers of elders and religious and for persons doing outreach in the San Francisco Bay Area is being sponsored by the Society of the Sacred Heart Community and Oakwood Center.



Tokyo, Japan: Retired sisters of the Adorers Community learn fingerholds and acupressure for self-care

CAPACITAR Staff, Board and Advisors

Founder/Director

Patricia Mathes Cane, Ph.D.

Capacitar Office Coordinator

Rita Kennedy

Special Projects

Joan Rebmann Condon, MA

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Leelia Franck, MD

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Juliette Spohn Twomey, IHM, MA

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Kathy Revytek

Arlene Woelfel, SSSF

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Canada

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Honduras

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Rocio Chang PsyD

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CAPACITAR Calendar—2015

2015

- Apr 9-20 Workshops in Kabul, Afghanistan
- Apr 9-13 Training Bandun, Indonesia
- Apr 12 SoCal Gathering, Wellness Works, Glendale CA
- Apr 14-16 Training in Jakarta, Indonesia
- Apr 17-19 Training in Banda Aceh, Indonesia
- Apr 26 Mary Award from the Immaculate Heart Community, Alhambra CA
- May 1-2 Israel Training 2, & Advanced Formation, Northern Galilee
- May 6 Workshop for social workers, Ramallah, Palestine
- May 9-10 Training 4, University of Edinburgh Chaplaincy, Scotland
- May 11 Advanced Training 4 The Bield, Perth, Scotland
- May 15 Advanced Formation, London
- May 16-17 Training 3 Barat House, Univ.Roehampton
- May 16-17 Trainings in Haiti
- May 23-24 Training 2 St. Anthony's Priory Durham, England
- May 29-31 Training 3 Office of Human Rights for Women, Chihuahua, Mexico
- June 3-14 Trainings and Workshops, Tokyo, Ishinomaki, Sendai, Japan
- Jun 26-28 LCDM Training 2, Santa Barbara CA
- Jun 28 SoCal Network Gathering, La Casa de Maria, Santa Barbara CA
- Jun 29-30 SF Bay Area Training 2, RSCJ Oakwood, Atherton CA
- Jun 30-Jul 3 Trainings, Quiché, Guatemala
- Jul 1-3 Training, CANTERA Managua, Nicaragua
- Jul 22-30 Trainings, Center for Nonviolent Communication, Seoul, Korea
- Aug 19-26 Trainings in Panama
- Aug 28-30 LCDM Advanced Training, Santa Barbara CA
- Sep Trainings in East Timor
- Sep 4-6 Tr 2, Consortio de la Mujer, Training for Human Rights Defenders, Oaxaca MX
- Sep 11-13 LCDM Training 3, Santa Barbara CA
- Sep 16 Advanced Formation 4 El Paso, Texas
- Sep 17-18 Training 4 Juarez, Mexico
- Sep 19-20 Training 4 El Paso, Texas
- Sep 21 Advanced Formation 3 Juarez
- Sep 22-23 SF Bay Area Training 3, RSCJ Oakwood, Atherton CA
- Sep 26-27 Training 3 St. Anthony's Priory Durham, England
- Sep 30-Oct 1 Training Noddfa, Penmaenmawr, Northern Wales
- Oct 3-4 Scotland Training 1, Garden Cottage, Perth
- Oct 5 Advanced Training The Bield, Perth
- Oct 7-8 Southern/Western Education & Library Boards, Northern Ireland
- Oct 9 Adv Formation, London
- Oct 10-11 London Training 1, Univ. Roehampton, London, England
- Oct 23-25 JASS Encuentro, Women Defenders & Healers of Mesoamerica, Guatemala
- Oct 27-30 Trainings, Quiché, Guatemala
- Nov 4-15 Trainings and Workshops, Tokyo, Ishinomaki, Sendai, Japan
- Nov 14 Training for Claremont Senior Services, Claremont CA
- Nov 19-21 Training 4, Israel Upper Galilee
- Nov 27-28 Training 1, Beit Shams, Beit Jalla/Bethlehem, Palestine
- Dec 8-9 SF Bay Area Training 4, RSCJ Oakwood, Atherton CA
- Dec 11-13 LCDM Training 4, Santa Barbara CA
- Dec 13 SoCal Network Holiday Gathering, La Casa de Maria, Santa Barbara CA
- Dec 16-18 Dance Retreat, CANTERA Managua, Nicaragua
- Dec Dance Retreat, CANTERA Managua, Nicaragua

2015-2017 Trainings—Multicultural Wellness Education

- Santa Barbara, CA La Casa de Maria, 805-969-5031 Anne Price anne@lcmdm.org CEUs
2016 Training: Mar 18-20 July 15-17 Sep 9-11 Dec 9-11
- Tucson, Arizona Sharyn Chesser svchesser@cox.net
Training 2016: Apr 30-May 1 Jul 30-31 Dec 17-18 2017: Mar 4-5
- Toronto, Canada Joan Silcox-Smith jsilcoxsmith@gmail.com
Training 2016: May 7-8 Sep 24-25 2017: Jan 21-22 May 13-14
- England: London Marj McDaid capacitarlondon@gmail.com
Roehampton, London Training 2015 Oct 10-11 2016: Feb 20-21 May 21-22 Oct 8-9
- Perth, Scotland capacitarscotland@gmail.com The Bield and Garden Cottage
Training 2015: Oct 3-4 2016: Feb 13-14 May 14-15 Oct 1-2
- Capacitar Middle East Network Lora Hillel loralih@gmail.com, Ronit Zur ronitzur123@gmail.com
2016 Training: Feb 25-27 May 26-28 Nov 17-19 2017: Feb 23-25
2017: 10th Anniversary Celebration—Capacitar Middle East Network
- Argentina, Los Cerezos: Trainings 2016: Aug 27-28 Sep 3-4
- Rwanda 10th Anniversary Celebration: June 5-12, 2016
- Capacitar 30th Anniversary--August 6-8, 2018, La Casa de Maria, Santa Barbara, CA



CAPACITAR
International

Healing ourselves, healing our world

2901 Park Avenue Suite B12 Soquel, CA 95073 Tel: 831-477-7644 www.capacitar.org

April, 2015

Dear Friends,

Greetings to you this Springtime as we celebrate new life and hope in the midst of the violence and struggle of our world. This has already been a full year for Capacitar with trainings, since January, in four areas of Mexico; five sites near Lima, Peru; and two areas in Scotland and in England; as well as trainings in Indonesia, Honduras, Haiti and the United States (in Northern and Southern California and Texas). As you receive this letter new outreach has begun in Kabul, Afghanistan, with trainings for the Afghan Peace Volunteers, an intentional community from different tribal groups trying to live in peace and non-violence. In May, trainings will be offered in the Middle East in Israel and in Ramallah, Palestine.

At the March conference for the Mesoamerican Consortium for Women Human Rights Defenders, many of the women commented that the Capacitar practices were just what they needed to care for themselves so they can more effectively work for justice and peace in their countries. Capacitar is committed to work with these brave women, as well as with many other groups around the world. Your support and donations will enable us to do the following:

- Outreach to groups in Afghanistan
- Work with Human Rights Defenders in Mesoamerica and other world areas
- Multicultural Wellness Trainings in 15 countries in the Americas, Europe, Africa, Asia and the Middle East
- Trauma Healing & Leadership Trainings in Uganda, DR Congo, South Sudan, Kenya, East Timor and Indonesia
- Work with refugee communities and detention camps through Capacitar en la Frontera
- Trauma Healing Trainings for survivors of the earthquakes in Haiti and in Japan
- Workshops to heal gender violence in Mexico, Central America, Panama and other countries
- Development of manuals for Human Rights Defenders and for those working with refugees at the border.

We cannot do this work without you! We are deeply grateful for your generous donations and prayerful support. Together we are committed to the mission of healing ourselves and healing our world.

In peace and solidarity,

Pat Cane



Human Rights Defenders of the Mesoamerican Women's Consortium representing 4 countries and 12 states of Mexico at the Capacitar training—March 2015