



Capacitar Rwanda Celebrates 10th Anniversary—Patricia Mathes Cane, PhD, Capacitar Founder/Director

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.

A joyful celebration of Capacitar Rwanda's accomplishments was held in Kigali in June, attended by 55 men and women from many regions. Song, dance, reflections on Capacitar Rwanda's history, organizational reports, anniversary cake and a celebratory luncheon all contributed to the festivity led by Rwanda founder Antoinette Gasibirege SH.

Since 2006, over 10,350 people have been trained by Capacitar Rwanda's teams in 10 districts of the country. More than 30 partner organizations and 155 vulnerable groups have benefited from the trauma healing and self-care tools. Trainings have included participants from a wide variety of organizations: widows and survivors of the genocide, National University of Rwanda Clinical Psychology Department, Hope and Homes for Children, COTRAF working with civil society; Diocesan Justice Commission, staff of a center for deaf children, hospital staffs, religious, teachers, school children, teachers of the Department of Nursing Science and Physiotherapy, Rwanda Women's Network working with survivors of rape, organizations working to empower single mothers, SOS Village mothers, National University Social Work Department, HIV groups, cooperatives, and many others.

At the celebration people who have benefited from learning Capacitar methods gave their testimonies. Many spoke of how Capacitar changed their lives giving them effective tools to heal the trauma of the genocide and ways to work with anger and depression. Trocaire Rwanda Director Dony Mazingaizo described how "trauma transformation is a key element for peace and development. Peace and healing are connected. Healing the self is a prerequisite for healthy participation in society." Trocaire, the Catholic Development Agency of Ireland, has funded Capacitar Rwanda since 2006. Trocaire recognizes the impact of Capacitar's trauma healing and women's empowerment work in the country.



Top: Joan Condon, Pat Cane and Rwanda founders Antoinette Gasibirege SH and Genevieve van Waesberghe MMM; Middle: lighting the 10th anniversary cake; Bottom: gifts for Antoinette.



Rwandan dancers of We-ACT, an HIV organization, in a psychodrama celebrating Capacitar Rwanda's 10th anniversary 2006-2016



Capacitar Outreach 2016

Capacitar in North Kivu, DR Congo

Since 1996, a succession of wars and ongoing violence have impacted the Democratic Republic of Congo. The Province of North Kivu, in particular, has suffered greatly from conflict, massive displacement of populations, the breakup of families, the burning of homes, corruption, injustice and HIV/AIDS. As a result, most people in the region deal with despair, depression, hopelessness and PTSD symptoms.

In this context Sr. Ingrid Janisch ISB, brought Capacitar to North Kivu in 2013, with the collaboration of two young men of Goma, Prince and Daniel Mbonekuba. Sr. Antoinette Gasibirege SH, Director of Capacitar Rwanda, and Dr. Genevieve van Waesberghe MMM, accompanied Ingrid and the team with trainings to form Capacitar multipliers and trainers. In two and a half years Capacitar North Kivu has developed outreach in the areas of education, protection of children, health

and pastoral work. Trainings have included participants from many areas: teachers and children representing 32 schools in the Goma area, HIV/AIDS groups, centers for nutrition and maternal health, prisoners from the central Goma prison, orphan and childcare centers, religious, psychologists, and mental health centers. To date over 3,532 persons have been trained to use Capacitar tools.

In June, a joyful celebration of Capacitar North Kivu was held at the Rwanda/Congo border, with song, dance and presentations. One of the team composed a song especially for the occasion, "Capacitar Has Changed Our Lives!" Many team members shared how they were able to live with peace after all they had suffered. Elie, a teacher in Goma, shared his dream to teach Capacitar skills to all the schools in the region so that children can live with hope for the future.



DR Congo: Capacitar North Kivu team and members celebrating two years of outreach in areas of conflict with Capacitar Rwanda and Capacitar International.

Capacitar Multipliers in South Sudan

Sister Barbara Paleczny, SSND, of Solidarity with South Sudan taught twenty trainees in Bor, Jonglei State, for Catholic Relief Services (CRS). With supervision this group then prepared twenty group leaders who will each lead two groups of twenty in DJK County. Capacitar healing and wellness education will be multiplied and integrated in seven sectors: farming, fishing, water and sanitation, healing from trauma, emergency response and risk reduction, and nutrition. This pilot project will be offered in thirteen counties and eventually will reach all states in South Sudan. CRS will meet with representatives from the SS Council of Churches, Reconcile, Solidarity with South Sudan and Religious Communities to decide methods to be used and plans for implementing healing work throughout South Sudan. CRS is convinced of the practical and effective approach of Capacitar.

In Old Fangak, 75 teachers completed Year I of a 4-year government teacher in-service program. This is one of 14 emergency locations where Capacitar was taught daily by 1000 teachers. Barbara taught and supervised the teachers for a month before they went out to teach unqualified teachers. Barbara also supervised some teachers in the 'deep field' remote areas.



South Sudan: Teachers learning Capacitar methods in a training program

Capacitar Trainings in Africa

Dr. Genevieve van Waesberghe, MMM, Capacitar trainer for Africa, has worked in many countries with communities impacted by war, violence and human rights abuses. Genevieve's Capacitar outreach has included work in: Burundi, Central African Republic, Cameroon, DR Congo, Kenya, Nigeria, Senegal, South Sudan, Rwanda, Tanzania and Uganda. She has offered trainings to child soldiers, girls impacted by trafficking and early arranged marriages, military, police, UN Peacekeepers, teachers, social workers, mental health workers, medical personnel, and many others. One warden in a prison after learning Capacitar skills said that he now can respect the prisoners. Another man who had nightmares for 10 years said he now can sleep with the use of the Holds.



Tanzania: Workshop for girls impacted by human trafficking in Arusha



Central African Republic: Refugee children learning Fingerholds



South Sudan: Sr. Genevieve working with the Kenyan Battalion of the UN Peacekeepers in Wau

Rotary-Funded Capacitar Training in Tucson, Arizona

Sharyn Chesser, Maria Elena McElroy and Rotarians successfully launched the Wellness Education for Children Project in Pima County, Arizona. The training was led by Capacitar Founder/Director Pat Cane and sponsored by Catalina (Tucson) Rotary Club and the Rotary Foundation D5500. Forty professionals from 16 different agencies received full-tuition scholarships, notebooks, Capacitar publications and refreshments. Community partners included Dr. Mary Koithan of the University of Arizona College of Nursing who provided CEU's, and the Tucson Boys and Girls Club that furnished the training space. Excitement and inspiration flowed as study groups were formed and beginning next steps were born, including a Facebook page.

This unique project has the capacity to touch the lives of children from before birth through early twenties and serve the professionals including nurses, social workers, child development specialists/educators, speech pathologists, nurse practitioners, counselors, lactation consultants, physical therapists occupational therapists, and mental health specialists. Pat Cane will return to Tucson for Modules 2-4 and local Capacitar practitioners plus Rotarians will continue supporting the group through March 2017.



Tucson, Arizona: Rotary-funded training for professionals working with children from before birth through early twenties in Pima County

CAPACITAR Staff, Board and Advisors

Founder/Director

Patricia Mathes Cane, Ph.D.

Capacitar Office Coordinator

Maryanne Campbell

Special Projects

Joan Rebmann Condon, MA

Board of Directors

Valerie Bengal, MD

Mary Dutcher, Esq.

Leelia Franck, MD

Sharon Kuehn, MHRE

Wendy Ostrow, MSN, NP

Juliette Spohn Twomey, IHM, MA

Ree Taylor, CMP

International Advisors

Capacitar en la Frontera ElPaso/Juarez

Kathy Braun, SSSF

Kathy Revytek

Arlene Woelfel, SSSF

Canada

Rev. John & Joan Smith

Argentina

Susana Diaz, MD

Sarita Fliess

Brazil

Tony Sheridan CSSp

Geraldo Blanti

Chile

Mary Judith Ress

El Salvador

Leonor Sanchez

Guatemala

Virginia Seering SC

Honduras

Gladys Lanza

Nicaragua

Anabel Torres CSA

Panama

Alibel Pizarro

Isali Pizarro

Haiti

Wilson H'odiere

William Thelusmonde

England

Margaret Wilson, RSCJ

Marj McDaid

Rev. Paul Golightly

Scotland

Nancy Adams

Marianne Anker Petersen

Carmel Byrne RSCJ

Ali Newell

Wales

Mary Jo McElroy, RSHM

Patrice Power, RSHM

U.S. Advisors

Suzanne Anglim, SC

Rita Chairez

Rocio Chang PsyD

Sharyn Chesser, RN, MEd

Mary Duennes, RN, MA

Jeanette Gaudet, MFIC

Fr. George Horan, MA

Maureen Jerkowski, SSSF

Maria Elena McElroy, MSEA, MHA

Mary Ondreyco, SNJM

Dick Vittitow, MA

Marion Vittitow, Ph.D.

Marjorie Wilbur, MA

Ireland/Northern Ireland

Marian Baker

Ann Brady, RSM

Patricia Abozaglo, MA

Rwanda

Antoinette Gasibirege, SH

Central Africa

Genevieve van Waesberghe, MMM

Burundi

Caritas Habinomana

Tanzania

Constansia Mbogoma

Nigeria

Felicia Muoneke, MMM

Uganda

Hilda Bamwine, RSCJ

DR Congo

Ingrid Janisch, ISB

Daniel Mbonekuba

Cameroon

Olivier Noah

Middle East Network

Lora Hillel

Asmahan Mansur

Ronit Zur

Timor Leste

Maria Dias

Dillyana Daten

Fidelio da Costa

Indonesia

Nina Jusuf

Japan

Eiko Maki, CSJ

Satoko Iwatani

Tsugumi Fujita

Yuko Oyama

Miura Fukiko

Korea

Katherine Hahn Singer

Afghanistan

Dr. Hakim Young, MD

Gifts Made In Honor of

Joan Condon • Pat Cane • Mary Litell osf

Gifts Made In Memory of

Martha & Andrew Rebmann • Tom Condon • Spiro W. Radonich

Support Capacitar through AmazonSmile

AmazonSmile is a simple and automatic way for you to support Capacitar, at no cost to you. When you shop at [smile.amazon.com](https://www.amazon.com), just select **Capacitar** from the list of charities. Amazon will donate a portion of the purchase price to Capacitar.

CAPACITAR Calendar—2016

2016

- Jul 1-3 Advanced Formation, Office of Human Rights for Women, Chihuahua, Mexico
- Jul 15-17 Tr2 La Casa de Maria, Santa Barbara CA
- Jul 30-31 Tr 2, Rotary-sponsored training, Tucson, AZ
- July Training CANTERA Managua, Nicaragua
- Aug 4-8 Trainings in Indonesia
- Aug 5-9 Trainings in Panama
- Aug 11-13 Training in Honduras
- Aug 15-19 Trainings, Centro de Paz Hma. Barbara Ford, Quiché, Guatemala
- Aug 25-Sep 4 Trainings in Japan--Tokyo, Fukushima, Sendai
- Sep 3-4 Tr 2, Tokyo
- Sep 9-11 Tr3 La Casa de Maria, Santa Barbara CA
- Sep 15-16 Tr 1 Juarez, Mexico • Sep 17-18 Tr 1 El Paso, TX
- Sep 19 Advanced Formation, Juarez MX • Sep 20 Advanced Formation, El Paso TX
- Sep 23-25 Tr 2 Toronto, Canada
- Sep 24-25 Tr 1 San Antonio, TX
- Sep 26-Oct 1 Trainings in Haiti
- Oct 1-2 Tr 4 The Bield, Perth, Scotland
- Oct 3 Advanced Formation, The Bield, Perth, Scotland
- Oct 5-6 Noddfa Training, Penmaenmawr, Northern Wales
- Oct 7 Advanced Formation, London • Oct 8-9 Tr 4, London, England
- Oct 11-12 Tr 1, Newry, Northern Ireland
- Oct 14 Advanced Formation, Durham
- Oct 15-16 Tr 1 St. Antony's Priory, Durham, England
- Oct 19-31 Trainings in Afghanistan, Border Free Nonviolence Community
- Oct 20-24 Trainings in Indonesia
- Nov 7-11 Trainings, Centro de Paz Hma. Barbara Ford, Quiché, Guatemala
- Nov 18-19 Tr2 Kadarim, Upper Galilee, Israel
- Nov 21, 23 Trainings Jenin, Ramallah
- Nov 25-26 Tr3 Beit Shams, Beit Jalla Bethlehem, Palestine
- Dec 3-4 Tr 3 Rotary sponsored, Tucson AZ
- Dec 9-11 Tr 4 La Casa de Maria, Santa Barbara CA
- Dec Capacitar Dance Retreat, CANTERA, Managua, Nicaragua

2016-2018 Trainings

- Santa Barbara, CA La Casa de Maria, 805-969-5031 Anne Price anne@lcmdm.org CEUs
2017 Training: Mar 18-20 July 15-17 Sep 9-11 Dec 9-11
- San Antonio, TX Patricia Connolly DC CapSanAntonio@gmail.com pconnolly62@gmail.com
Training 2017: Jan 21-22 Mar 25-26 Jun 24-25 Sep 23-24
- El Paso/Juarez Advanced Kathy Braun OSF, Kathy Revytek CapacitarFrontera@gmail.com
El Paso Training 2016: Sep 17-18 2017: Jan 28-29 May 6-7 Aug 12-13
Juarez Training 2016: Sep 15-16 2017: Jan 26-27 May 4-5 Aug 10-11
- Toronto, Canada Joan Silcox-Smith jsilcoxsmith@gmail.com
Training 2016: Sep 23-25 2017: Jan 20-22 May 12-14
- Durham, England Paul Golightly info@stanthonypriory.co.uk St. Antony's Priory
Training 2016: Oct 15-16 2017: Feb 11-12 Jun 3-4 Sep 30-Oct 1
- Edinburgh, Scotland capacitarscotland@gmail.com
Training 2017: May 20-21 Oct 7-8 2018: Feb 3-4 May 5-6
- Northern Ireland, Newry bradyann@hotmail.com
Training 2016: Oct 11-12 2017: Jan 31-Feb 1 Jun 6-7 Sep 26-27
- Capacitar Middle East Network Lora Hillel loralih@gmail.com, Ronit Zur ronitzur123@gmail.com
June 2017: 10th Anniversary Celebration—Capacitar Middle East Network
- Tokyo, Japan Training Eiko Maki, CSJ eikocsj@gmail.com
2016 Training: Sep 2-3 2017: Apr 7-8 Nov 3-4
- Japan Advanced Formation Eiko Maki, CSJ eikocsj@gmail.com
2016 Advanced Formation: Sep 4 2017: Apr 9 Nov 5
- Korea: Center for Nonviolent Communication Katherine Singer nvc@krmvc.org
2017: August 3-8 Trainings and workshops
- Argentina Los Cerezos Suzanna Diaz, Sarita Flies loscerezosur@gmail.com
2017: July 21-30 retreat, workshops and trainings
- Afghanistan, Borderfree Afghan Peace Volunteers Dr. Hakim Young, MD borderfree@mail2world.com
2017: Feb 17-27 Oct 12-24 Workshops and trainings
- Guatemala Centro de Paz Barbara Ford Sr. Virginia Seering, SC vseering@gmail.com
2017 Workshops & Trainings: Jan 9-16 Mar 14-20 Aug 22-28 Nov 20-24
- Capacitar 30th Anniversary Global Conference
August 6-8, 2018, La Casa de Maria, Santa Barbara, CA



July, 2016

Dear Friends,

Greetings to you from Africa. Capacitar Special Projects Coordinator Joan Condon and I have been visiting teams in Rwanda and the border with the Democratic Republic of Congo. These are two sites where Capacitar's outreach has touched the lives of thousands of people who have been impacted by genocide, war, poverty, trauma and ongoing violence. It is places like Rwanda and DR Congo where we witness the significance of Capacitar's simple trauma healing approach. As many of the people of DR Congo sang in their joyful celebration, "Capacitar has changed our lives!" "Capacitar has given us hope and healing!"

With your generous donations you can help Capacitar change lives and give hope and healing. Your support will empower Capacitar to do the following:

- Trainings for those working with refugees and the detained in the US, Europe and the Middle East
- Multicultural Wellness Trainings in 15 countries in the Americas, Europe, Africa, Asia and the Middle East
- Outreach workshops to women's groups and nonviolent peace groups in Afghanistan
- Trauma Healing & Leadership Trainings in DR Congo, South Sudan, Rwanda and Indonesia
- Work with Human Rights Defenders in Mexico, Central America and other world areas
- Work with refugee communities and detention camps through Capacitar en la Frontera at the US/Mexico border
- Trauma Healing Trainings for survivors of the earthquakes in Haiti and in Japan
- Workshops to heal gender violence in Japan, Mexico, Central America, Panama and other countries
- Publication and translation of the Human Rights Manual and Japanese Capacitar for Children Manual
- Translation of the Refugee Accompaniment Manual.

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.

With peace and blessings,

Pat Cane

Capacitar International Founder/Director



Rwanda and DR Congo—Celebrating Capacitar Rwanda and Capacitar North Kivu changing lives and bringing hope and healing—June 2016