



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
45 countries.

Capacitar's Work to Heal War & Violence—Patricia Mathes Cane, PhD, Capacitar Founder/Director

As the war in Ukraine looms over the world and over 3 million Ukrainians seek refuge in other countries, Capacitar partners are asking what they can do to accompany those traumatized by loss of country, life, home, livelihood and family. Volunteers from Translators Without Borders have translated Capacitar's Emergency Kit of Best Practices into Ukrainian, Romanian, Russian, Hungarian and other appropriate languages to be used by refugees and aid workers. Capacitar teams will collaborate with organizations in need of trauma healing tools to support their outreach to the refugees.

Capacitar continues to offer Zoom support classes every two weeks to teachers and students living in Kabul, Afghanistan. Mohammad, the teacher in Kabul who organizes our classes, has said that the Capacitar practices have been very important to him, his students and other teachers at his school as they live under Taliban rule. Recently, as Mohammad walked to his university for an evening class, he was surrounded by a group of men who robbed him and left him terrified. He was lucky not to have been beaten. Another woman teacher spoke of her great fear going home for lunch because of the threats she receives as a woman. With the Fingerholds and Tapping exercises, they are able to manage their fear and anxiety to better work with the children and youth in their care. Different team members often say, "As war, crises and global traumas continue, Capacitar will not run out of work anytime soon!"

From our founding in Nicaragua in 1988, Capacitar has been committed to accompany people traumatized by war and violence in many places around the world. When we started our first work in Managua, the Contra War was raging and people were desperate to learn what they could do for themselves and their families to manage their stress and trauma. Outreach grew to include groups in Guatemala in the

1990s where hundreds of thousands of Mayans were tortured, killed or displaced during the 36-year civil war there. Later in the 1990s, East Timor was under attack after voting for independence from Indonesia. Capacitar teams worked in that region supporting those struggling for peace and healing. After the genocide in Rwanda, Capacitar was invited to work with grassroots communities, widows, genocide survivors and those with HIV/AIDS. Ongoing support of poor rural communities has continued under the leadership of Capacitar Rwanda. In DR Congo, a valiant team of Capacitar East Kivu has supported children and youth in schools impacted by ongoing tribal wars in Congo. As South Sudan struggled for its independence, Capacitar teams offered healing practices to the poorest rural communities and solidarity groups wanting to live in peace in their new country. And Capacitar's work continues to support groups in the Philippines, Haiti and elsewhere.

At this challenging time, Capacitar offers the Peace Prayer of Irish poet John O'Donohue from his book Benedictus:

*We pray for all who suffer violence today,
May an unexpected serenity surprise them.
For those who risk their lives each day for peace,
May their hearts glimpse providence at the heart of history.
That those who make riches from violence and war
Might hear in their dreams the cries of the lost.
That we might see through our fear of each other
A new vision to heal our fatal attraction to aggression.
That those who enjoy the privilege of peace
Might not forget their tormented brothers and sisters.
That the wolf might lie down with the lamb,
That our swords be beaten into ploughshares.
And no hurt or harm be done
Anywhere along the holy mountain.*





Capacitar 2022 Outreach

Capacitar in South Sudan

Over the last 12 years, Capacitar was introduced to a wide range of groups in South Sudan. Techniques have been taught to police personnel, soldiers, youth and women's groups. Capacitar has been brought into prisons and schools as well into POC's (Protection of Civilians) and IDP (Internal Displaced People's) camps. Capacitar contact Gabrielle Farrell, OLA, reports that South Sudanese Trainers bring healing and hope to their people by sharing knowledge and teaching practices throughout the country.

Capacitar in African Countries

For the past five years, Dr. Genevieve van Waesberghe, MMM, has worked with over 60 lay and religious women and men attending a 6-month sabbatical program (ICOF) organised by various missionary groups. Capacitar was offered for self-care and building resilience. Participants came from all parts of Africa and worked in pastoral, social and educational ministries in Mauritania, Tunisia, Burkina Faso, Ghana, Ivory Coast, Liberia, Nigeria, DR Congo, Chad, Kenya, Malawi, Mauritius, Tanzania and Botswana. Participants appreciated having Capacitar at the beginning of their sabbatical so that practices became part of their healing process. During the last class, participants mentioned how increasing violence in communities was caused by COVID as well as by flooding, droughts or famine due to climate change. With Capacitar, they found invaluable tools to share in their communities and were filled with hope, a new energy and enthusiasm to work actively with others in the healing of our world.

Capacitar in Afghanistan

Bi-weekly Zoom workshops are offered to teachers and students in Kabul, Afghanistan facilitated by Pat Cane in Santa Cruz CA, George Horan in Los Angeles and Dari translator Hakim Young in Singapore. Pat, George and Hakim offer the Zoom support meetings, classes and individual therapy for youth and for Afghans in need. They are also involved in promoting support for Afghans in Kabul who are dealing with extreme poverty, and advocacy for those who are trying to get out of the country.

Capacitar en la Frontera--El Paso and Ciudad Juarez

Advanced formations and Multicultural Wellness trainings in El Paso are offered by Kathy Revtyak and her team of the El Paso Child Guidance Center (EPCGC) along with Pat Cane. During the pandemic, workshops led by Claudia Brandeis and the Capacitar network in Ciudad Juarez have supported many refugees and community groups dealing with stress.

Capacitar in Watts, Los Angeles, CA

Sisters Jane Bonar and Catherine Burke, PBVM, and the coordinating team of Presentation Learning Center in Watts continue to integrate Capacitar practices in many classes for the local Latino community. Pat Cane recently offered workshops to evening and daytime students, as well as met with the core team. The center has given great support to the Watts community dealing with illness, depression and challenges of COVID.

Capacitar in the Philippines

As part of a war on drugs, drug users are still targeted in extrajudicial killings. Domestic violence is common as is street crime, and political violence in Mindanao still simmers. Capacitar, collaborating with the Philippine core team, began a new Zoom 4-part training of multipliers in January. Fifty-six people, who live in various locations, are part of the training. They include both professionals and grassroots who will then share what they learn within their own communities to help people manage life in the midst of violence and violence of poverty, a reality for so many people.

Capacitar Multicultural Wellness Education on Zoom

A new 2022 Zoom Multicultural Wellness Training (MWET) facilitated by Sheila Grady and Joan Condon recently started with participants from the USA, Japan, England, New Zealand, Colombia and Canada. Participants include: the co-director of North Carolina Climate Justice, Jesuit Refugee Services settlement counsellor for Afghan refugees, Human Rights Defenders at Risk, veterans dealing with PTSD, a person working with homeless adult services, among others. Because Capacitar's training is offered via Zoom, participants from many countries are able to learn from each other.

Capacitar in Haiti

The people of Haiti have been living in a state of violence: the president was assassinated in July of last year, kidnappings of even ordinary people and gang violence are daily realities. One student in the Capacitar course for healing personal and community trauma at the School of Social Work and Social Justice of the Episcopal University says that every time he leaves his house, he has a knot in his stomach. The Capacitar practices help him and others to manage the stress of living in such difficult times. They also share the practices in their placements with children and seniors. One of the emphases of the course is the importance of self-care as they move into their profession, so they don't burn out.

Capacitar in Israel & Portugal

Lora Hillel reports how she, Ronit Zur and the Mideast team have offered Capacitar for 60 high school teachers in Israel. Anxiety, stress, and Covid lockdowns have impacted daily life since March 2020. A head mistress who participated in a Capacitar workshop ten years ago contacted the team asking for a workshop for the school staff, who are worn out because of working with the pandemic restrictions and virtual teaching. She wanted to include practical exercises including Switching, Tai Chi, Fingerholds and Drum Massage for self-care and classroom use. During the closing circle one teacher shared her own experience of recovering from cancer with practices similar to Capacitar's. Another teacher spoke of using Switching for students with ADHD.

Lora has also introduced Capacitar in Portugal, where she spends time with a community where her children and grandchildren live. The small children enjoy Pal Dan Gum, Drum Massage and Fingerholds, while the teens and their mums practice Fingerholds using the Portuguese Emergency Kit. In 2021, they had Zoom meetings once a week for the local team.

Capacitar in El Salvador

Many Salvadorans still carry the stress and trauma of the 12-year civil war and many others are impacted by ongoing gang violence, murder, rape, extortion—which authorities don't seem to be able to control. In February, a Zoom program was led by Joan Condon for several groups who work in health and development. Capacitar hopes this Zoom segment will be followed in the fall by an in-person training. Nineteen people attended the first session organized by Maureen Wild, SC, the Sisters of Charity of Halifax and SHARE-El Salvador. Workshops are held twice monthly, with one session on Saturday so those who work can also attend.

Capacitar Europe and the Mideast

Nancy Adams of Capacitar Scotland reports that what began via Zoom in 2020 between members of Capacitar Scotland and Ireland to ensure sustainability, has led to the inclusion of England, Wales, Luxembourg, Germany, Israel and Palestine. Members of Capacitar Europe share ways to collaborate and cooperate, ways to share resources and best practice, and ways to collaborate in offering trainings. Members are learning from and supporting each other.

Capacitar Ireland

Since November 2020, Ann Brady and Paula Carron, RSM, have worked with Health Alliance Northern Ireland, offering weekly sessions on Wellbeing, Self-Care in Covid Times & Pathways to Health & Resilience using Capacitar Practices. Zoom workshops are offered to men and women from Community and Area Support Networks, Healthy Lifestyle & Neighbourhood Partnerships, Age Well and Seniors Groups.

Capacitar Wellbeing Workshops are offered via Zoom for Lifestyle Development Group in Drogheda. The benefit of Zoom is that friends from all over Ireland who have completed Capacitar training have been able to join some of these sessions.

Marian Baker offered a 6-week stress management course using Capacitar for Dublin's Inner City. The participants loved the practices that made a difference for their everyday lives. One woman who experienced a traumatic event prior to the course said the practices taught her how to deal with the situation with strength. Another young mother who had daily panic attacks said she didn't have one since starting to use Capacitar.

Threshold Training built Capacitar practices into their well-being program for 12 participants living with mental illness. The attendance was very good and all completed the seven weeks. Some people embraced the practices and began to use them on a daily basis. One woman reported how Switching helped her to remain calm and avoid panic during her COVID vaccination.

Over the past 5 years Capacitar has been part of the Wellness Education Program for Ruhama, an organization supporting women affected by trafficking and prostitution. The program has been very successful on Zoom during the pandemic. An 8-week training is led by Marian Baker for 17 women and 2 members of the Ruhama staff.

The Annual Learners Festival (ALF) in Kildare is hosting a project to explore the concept of sustainability using Joanna Macy's Active Hope model combined with Capacitar. Trainer Patty Abozaglo has led 8 sessions for community groups.

Capacitar in Alaska and Northern Countries

Epidemiologist Dr. Linda Chamberlain reports how, as a keynote speaker for large multidisciplinary events (working virtually or in-person), Capacitar is part of what she does. Linda says that Capacitar is who she is and is the nucleus of her personal and professional work for healing and well-being. Linda offers various scientifically-based approaches to trauma-informed work for schools, courts, clinics, domestic violence shelters, child protection services, parents' groups and others in Alaska and internationally. Linda affirms how Capacitar practices are accessible, adaptable for different ages and resonate with people. For these reasons, there is always something she learns from Capacitar in any workshop she does. Currently, Linda is preparing a workshop series for Head Start weaving in Capacitar practices with other tools and modalities. During the pandemic Linda decided to write a children's book as a way to share a favorite Capacitar technique with children and parents. The centerpiece of her story that involves Alaskan Huskies to teach children simple tools to feel good, is Capacitar Fingerholds!



Presentation Learning Center Team, Watts CA



Tai Chi for high school teachers in Israel



Dr. Linda Chamberlain using Capacitar



Joan Condon in Zoom class for El Salvador



Tai Chi practiced by youth in Rumbek, South Sudan



Police & soldiers using Pal Dan Gum—Wau, South Sudan



Participants in the ICOF African sabbatical program



Afghan teacher Mohammad leads students in Tai Chi



Capacitar class at the Farm School in the Philippines



Capacitar participants and team in Ciudad Juarez, Mexico

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Joan Condon • Pat Cane • Judy Ress • Diane Klein

• Valerie Bengal MD • Wendy Ostrow • George Horan

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Valery Mantel • the People of Ukraine

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CAPACITAR Calendar—2022

2022—Workshops & Trainings

Because of Covid 19 continued lockdowns in many places around the world, some Capacitar international trainings have either been postponed or adapted as Zoom or hybrid trainings. For information, dates, times and links to Zoom trainings and gatherings in different languages, contact the following team leaders or check the website calendar www.capacitar.org.

- Los Angeles/Southern California Tuesday/Thursday Zoom gatherings:
Sheila Grady and Ree Taylor sgrady@capacitar.org
- Spanish language Zoom workshops in Nicaragua, El Salvador:
Joan Condon jcondon@igc.org
- El Paso, Texas Zoom Trainings: Kathy Revtyak KRevtyak@epcgc.org
- Tucson, Arizona Trainings: Sharyn Chesser svchesser@cox.net
- Cincinnati, Ohio Zoom: Mary Duennes, mmduennes@gmail.com
- Toronto, Canada: Joan Silcox Smith jsilcoxsmith@gmail.com
- Capacitar Ireland Foundation & Advanced Trainings: Fiona Cody capacitar.ireland1@gmail.com
- Germany Trainings: Anke Reermann, anke.reermann@bistum-aachen.de
Advanced Training in Aachen: 2022
- Scotland trainings & Zoom: Nancy Adams capacitarscotland@gmail.com
- England trainings & Zoom: Paul Golightly capacitaralbion@outlook.com
- Israel Zoom & Gatherings: Lora Hillel, Ronit Zur loralih@gmail.com, ronitzur123@gmail.com
- Phillipines Zoom: Joan Condon jcondon@igc.org
- Indonesia Zoom: Yudi Aridanto yudi_ardianto@yahoo.com
- Japan Trainings & Zoom: Yuko Oyama, yukooyama.edu@gmail.com
- Panama Trainings & Zoom: Alibel Pizarro tallersalud.pa@gmail.com

2022 Scheduled Training Dates:

- Multicultural Wellness 4-Module Zoom Training 2022 with Sheila Grady & Joan Condon May 7, 14; Jul 23, 30; Sep 17, 24. sgrady@capacitar.org
- Capacitar Self-care & Climate Training with Pat Cane in-person March 26-27, Holy Spirit Retreat Center, Encino CA sgrady@capacitar.org
- Tucson Self-care & Climate Training with Pat Cane in-person October 8-9, 2022 Sharyn Chesser, svchesser@cox.net
- Capacitar Zoom Global Gatherings 2022: English June 17, 18; Oct 14, 15.
- Spanish Zoom Global Gathering dates June 25, Oct 29
- Germany Advanced Training with Pat Cane & Anke Reermann June 25-26 Germany Climate Conference, University of Aachen June 23 anke.reermann@bistum-aachen.de
- Scotland Advanced Training with Pat Cane in person: Nov 12 Nancy Adams, CapacitarScotland@gmail.com
- El Salvador Training with Joan Condon Oct 21-25, jcondon@igc.org
- Philippines Zoom Multicultural Wellness Training 2022: May 21-22, Jul 16-17 jcondon@igc.org
- Toronto Zoom Trainings 2022 with Pat Cane May 14; Sep 17, 2022; Jan 28, 2023 jsilcoxsmith@gmail.com



April 2022

Dear Friends,

Special greetings to you this Springtime as our world deals with war, violence, climate change and the pandemic. Capacitar teams continue to do remarkable work locally and internationally via Zoom, other internet platforms and now, in some places, in person, sharing healing tools to empower and bring peace to their communities. In spite of so many challenges, our vision to bring healing and transformation to ourselves and to our world is being realized. Will you help us with our mission in the many places where we work? Your support will empower Capacitar teams in the US and in other countries to do the following:

- Workshops for Ukrainian refugees and those accompanying them in many countries
- Trainings for those working with refugees and the detained in the US, Mexico, Central America and Europe
- Multicultural Wellness Trainings in the Americas, Europe, Asia and the Middle East
- New 4-Module trainings and Zoom trainings in Germany, the Philippines, Scotland and the US
- Work with refugee communities and asylum seekers at the US/Mexico border and in different areas of California
- Workshops and Zoom trainings to heal gender violence and racism
- Translation and publication of Capacitar manuals and materials in Ukrainian and different languages
- Development of self-care workshops and translation of the manual to accompany youth and climate activists.

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

With peace and blessings,

Pat Cane

Capacitar International Founder/Director



George Horan and Pat Cane leading a Zoom class with 30 children in Kabul, Afghanistan