



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.

35 Years Bringing Hope & Healing to our World—Patricia Mathes Cane, PhD, Capacitar Founder/Director

In 2023, Capacitar celebrates 35 years of commitment to people around the world. Since our founding in Central America in 1988, we have worked with many thousands of grassroots, professionals and local communities in over 45 countries, bringing hope and empowerment to places of war, violence, trauma and disaster. Using our popular education approach to wellness, countless people have learned and have been empowered to share Capacitar practices with their families, organizations and communities. Capacitar has grown through the commitment of many grassroots leaders in diverse cultures who have held in their hands the gift of healing. Our Spring newsletter will share some of the ways that Capacitar is being used to bring hope and solidarity to places and groups in greatest need.

Anniversaries in other countries will also be celebrated this year. In April, Capacitar Ireland will celebrate 20 years with a big party in Dublin. Since the first workshops in Ireland and Northern Ireland in 2003, Capacitar Ireland has grown to touch the lives of countless people in many regions. Workshops, and trainings have been offered to teachers, psychologists, children, youth at risk, medical professionals, religious, human rights workers, refugees, women and rape/crisis and spirituality centers. During the Covid lockdown, Capacitar Ireland President Marian Baker led outdoor Tai Chi for people in her neighborhood. This was featured in a program by the TV station RTE and praised for the hope it gave in a national speech by Republic of Ireland President Michael Higgins.

In October, Capacitar en la Frontera will celebrate 15 years of commitment in El Paso, Texas and Ciudad Juárez, Mexico. During our recent trainings, participants from both sides of the border described how Capacitar has changed their lives. In Juárez where drug cartel violence and the influx of large numbers of refugees continue, Capacitar leaders reach out to offer healing and solidarity to survivors of political and domestic violence, the tortured, those impacted by human rights violations, prisoners, women, children, youth at risk, local parishes and refugee shelters.

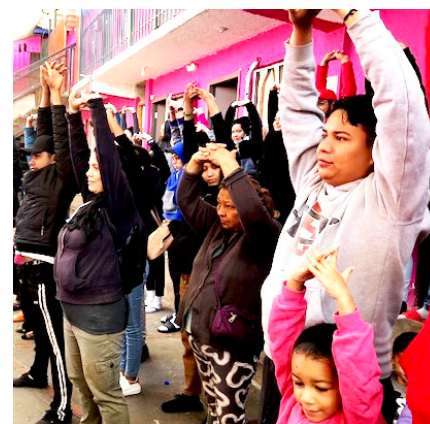
In El Paso, many members of Capacitar en la Frontera work as volunteers in refugee centers, the El Paso Detention Center, legal aid offices, as well as in homes for the elderly, schools, universities, health and mental health centers, a children's grief center and other places of need. A valuable new collaboration recently developed with the Community Foundation of El Paso. Capacitar en la Frontera is now a project under the sponsorship of the Foundation that will provide organizational and fiscal support for the growth of Capacitar's work at the border, including Texas, New Mexico and Mexico.

In his inspiring book, Weekly Soul, Frederic Craigie, PhD, quotes Studs Terkel: "I want to pay tribute to people who have hope, who are called 'activists' ... Once you become active in something, something happens to you. You suddenly realize that you count!" Dr. Craigie continues, "This is a commitment to human caring and connection ... You come to a greater experience of aliveness in yourself."





Capacitar 2023 Outreach



The Border Compassion coordinating team with Sr. Suzanne Jabro, CSJ, George Horan, Pat Cane and refugees

Capacitar in Mexicali

In December, Pat Cane and George Horan led workshops for nearly 450 refugees and immigrants who live temporarily in two hospitality centers in Mexicali waiting until they are cleared to cross into the US. Border Compassion is a very special refuge founded by Sr. Suzanne Jabro, CSJ, in an old motel a few blocks from the border. Suzanne coordinates visits by parishes, religious communities, students and support groups who bring donations of food and clothing as well as a loving spirit of solidarity to the many guests who pass through the center. After the first Capacitar workshop, Suzanne exclaimed that she could feel the positive energy and difference among the adults and children at her center. People were much more peaceful and grounded after learning the Capacitar healing practices. The director of the center said she could now handle her own grief and emotional pain as she accompanied a woman whose baby had died that very day. Others who had survived long dangerous journeys to reach Mexicali said how grateful they were for Capacitar. Pat and George will return to offer future workshops in May and December. Teams from different areas will also continue the Capacitar work.



Capacitar Trainings for the El Rio Health System

As a result of a 2-day workshop for El Rio medical personnel in October, Capacitar was invited to offer the 4-module training in 2023. Pat Cane is facilitating the program that includes 40+ participants: CEOs, medical directors, pediatricians, family physicians, dentists, nurses, physical therapists, counselors, psychologists, dieticians, midwives, pharmacists, wellness educators and other medical professionals. Since the Covid pandemic, so many involved in medical care have dealt with burnout and exhaustion. They are taking the course to learn methods of self-care and for use with their staffs and patients. A Capacitar Manual for Medical Professionals will also be developed that will include examples of how Capacitar practices have been adapted and used with staffs, patients and in El Rio programs. El Rio provides integrated health services every year to over 150,000 patients at 14 clinic sites.

Capacitar Juárez

Capacitar Juárez leaders Claudia Brandes and Carolina Saldaña and their team coordinated an excellent group of 40+ participants for the new Juárez training. Participants included therapists and counselors from SABIC, community leaders from OPI, parish leaders from various churches, as well as psychologists, social workers and others working in human rights.

Capacitar Watts

Capacitar continues to walk with the people of Watts at Presentation Learning Center, a valuable project led by Presentation Sisters Jane Bonar and Catherine Burke, PBVM. The center offers many classes including citizenship, English, dressmaking, baking and other skills, integrating Capacitar practices into all of their programs. The sisters proudly announced that several men and women recently became US citizens as a result of the classes. Capacitar has plans to return in October.



El Rio medical personnel at the Capacitar training



Watts team at Presentation Learning Center

International Zoom Multicultural Wellness Training

—Capacitar Special Projects Coordinator, Joan Condon, MA

While we have returned to doing some in-person trainings, we are also continuing virtual trainings. An international 4-module Multicultural Wellness Education training is being facilitated by Joan Condon, Sheila Grady and Mary Litell osf. The program began in February with 33 participants from Canada, England, Scotland, the Czech Republic, Mexico and various places around the United States, including Alaska. Modules are scheduled for consecutive Saturdays, California time. The subsequent modules will be in April, June and August.

Capacitar Philippines

The Philippine virtual program this year consists of three advanced trainings and a 4-module Multicultural Wellness Education training. Advanced trainings, facilitated by Joan Condon, are open to anyone who has attended previous Capacitar trainings. Themes include openheartedness, patterns of behavior and hope. The 4-module training will begin in June with subsequent modules in August, September and November. It will be facilitated by Joan Condon and members of the Capacitar Philippine core team.

Capacitar Nicaragua

The year-long virtual series of workshops for Nicaragua began in February. Joan Condon will facilitate trainings each month for the staff of an NGO and school in Ciudad Sandino. These Friday morning sessions aim to review practices already learned, introduce new ones and give participants the opportunity to share their experiences.

Capacitar El Salvador

Monthly trainings began in March for Provida, CRIPDES and CCR, and other individuals who attended the in-person training facilitated by Joan Condon in El Salvador in October 2022. These trainings provide the opportunity for participants to come together to share their experiences in using and multiplying the Capacitar practices as well as to review and renew what they have learned.

Capacitar Argentina

March in-person trainings were led by Pat Cane in Buenos Aires and in Neuquén, Patagonia. Coordinated by Los Cerezos leaders Susana Diaz, MD, Sarita Fliess and Marcela Fortin, the trainings brought together hundreds of participants from many parts of Argentina. First workshops started in Argentina in 2004, and since that time have been offered to people in many communities.



Capacitar Rwanda Founder Sr. Antoinette Gasibirege, SH, with training in Mbogo

Capacitar Tanzania

In January, Sr. Genevieve van Waesberghe, MD, MMM. gave a 5-day workshop to 15 African religious and priests beginning a 6-month sabbatical program (ICOF). They came from Sierra Leone, Nigeria, DR-Congo, Kenya, Tanzania and Zambia. Some had also worked in Ghana, Cameroon, Malawi and South Africa. Participants found Capacitar very helpful to come home to themselves and enter fully body, mind and spirit into their sabbatical program. They relaxed and became more focused desiring to integrate the practices into their daily lifestyle. Many who had worked in difficult and stressful environments were encouraged to discover simple healing practices that they would be able to share with people overwhelmed by insecurity, violence, floods or drought, poverty, and forced displacement.

Sr. Genevieve also offered a 3-day workshop in 'Faraja' Singida with 28 staff and 104 community volunteers working in three outreach programs including: accompaniment of people living with HIV/AIDS, work to stop human trafficking, and palliative care. Participants were very interested and immediately saw the need for the simple Capacitar practices in their work but also for their families and local communities. Many felt relief from these practices. They will continue to use the tools personally and will gradually incorporate them in their outreach work.

Genevieve also mentored a psychologist who works with francophone people affected by violence in the Western and Central African countries of Burkina Faso and Ivory Coast. He found Capacitar most helpful for his counseling work. Plans are being developed to hold future Capacitar Zoom meetings with groups from French-speaking countries.

Capacitar Rwanda

Since founding Capacitar Rwanda in 2006, Sr. Antoinette Gasibirege, SH, and her team have worked with many thousands of people throughout the country. In 2022, Antoinette offered outreach workshops to over 600 people in some of the poorest communities in Rwanda. The team worked with 70 single mothers who in addition to Capacitar have received a goat for milk and to generate income. When new kids are born, the mothers will give them to other single mothers in their communities. The team also worked with 87 disabled children and the adults who care for them in Muyanza giving them skills for their stress and trauma. Besides suffering the trauma of the genocide, people are still dealing with Covid in many poor communities. Many wonderful results are reported by Rwandan participants: "Capacitar changed my life." "I now can handle many health problems including blood pressure and body pain."



Disabled Rwandan children in Muyanza



Sr. Genevieve in Singida, Tanzania

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Masako Sako

Chiemi Oikawa

South Korea

Katherine Hahn Singer

Afghanistan

Dr. Hakim Young, MD

Hussain Behtaash

The Philippines

Diana McDermott

CAPACITAR Calendar—2023

2023—Workshops & Trainings

For information, dates, times and links to Zoom or in-person trainings and gatherings in different languages, contact the following team leaders or check the website calendar www.capacitar.org.

- Los Angeles/Southern California Tuesday Zoom gatherings:
Sheila Grady sgrady@capacitar.org
- Spanish language Zoom workshops in Nicaragua, El Salvador:
Joan Condon jcondon@igc.org; Alibel Pizarro tallersalud.pa@gmail.com
- Tucson, Arizona Trainings: Sharyn Chesser svchesser@cox.net
- Cincinnati, Ohio Zoom: Mary Duennes mmduenness@gmail.com
- Toronto, Canada: Joan Silcox Smith jsilcoxsmith@gmail.com
- Capacitar Ireland Foundation & Advanced Trainings: Marian Baker capacitar.ireland1@gmail.com
- Germany Trainings: Anke Reermann anke.reermann@bistum-aachen.de
Advanced & 4-Module Trainings in Aachen & elsewhere -2023
- 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
- Phillippines Zoom: Joan Condon jcondon@igc.org
- Indonesia Zoom: Yudi Aridanto yudi_aridanto@yahoo.com
- Japan Trainings & Zoom: Yuko Oyama yukooyama.edu@gmail.com
- Panama Trainings & Zoom: Alibel Pizarro tallersalud.pa@gmail.com

2023 Scheduled Training Dates:

- Multicultural Wellness 4-Module Zoom Training 2023 Sheila Grady & Joan Condon Feb 4, 11; Apr 8, 15; Jun 17, 24; Aug 19, 26 sgrady@capacitar.org
- Capacitar Advanced Training with Pat Cane in-person Mar 25-26, 2023 Holy Spirit Retreat Center, Encino CA sgrady@capacitar.org
- Capacitar Zoom Global Gatherings 2023: English May 19, 20; Oct 6, 7
- Spanish Zoom Global Gathering dates May 27, Oct 14
- El Paso Tr. 2023 Feb 23-24, Tr 2-May 20-21, Oct 19-20, Tr 4-Jan 21-22, 2024, Pat Cane & Kathy Revtyak
- El Paso Advanced Tr. Feb 24, May 19, Oct 20, 2023; Jan 20, 2024 Pat Cane & Kathy Revtyak capacitar.frontera@gmail.com
- Juarez Mexico Tr. 2023 Feb 21-22, Tr 2-TBA, Oct 17-18, Tr 4-TBA, with Pat Cane, Claudia Brandes capacitar.juarez@gmail.com
- 15th Anniversary Celebration—El Paso/Juarez Oct 21, 2023
- Germany 4-Module Training Pat Cane, Anke Reermann, Norbert Frieters Apr 22-23, Jun 3-4, 2023 anke.reermann@bistum-aachen.de
- Germany Training of Trainers with Pat Cane & Team, Apr 15-16, 2023
- Scotland Training The Bield, 2023: Mar 25-26, Jun 17-18, Sep 23-24. Nancy Adams, Capacitarscotland@gmail.com
- Ireland Foundation Training with Pat Cane & Team in-person: Feb 4-5, 2023, Apr 29-30, Jun 10-11
- Ireland Advanced Training with Pat Cane, Apr 28, 2023 Marian Baker capacitar.ireland1@gmail.com
- Argentina Trainings with Pat Cane in-person Mar 11-12, Mar 18-19, 2023, Neuquén & Buenos Aires, Los Cerezos Losceresossur@gmail.com
- Phillippines Zoom 2023: Mar 4 May 6 Jul 8, Joan Condon, jcondon@igc.org
- Maryknoll Mission Institute Retreat with Pat Cane, Jun 11-16, 2023, NY Sr. Peg Donovan, pegmdon@gmail.com
- Capacitar 35th Anniversary Zoom Celebration Oct 6, 7 Eng; Oct 14 Sp

Gifts Made In Honor of

Joan Condon • Pat Cane • Mary Duennes
• Valerie Bengal MD • Wendy Ostrow • Barbara Lutz

Gifts Made In Memory of

Martha & Andrew Rebmann • Tom Condon • Rita Chairez
Vashek Cervinka • Valery Mantel • Betty Michelozzi



**CAPACITAR
International**

Healing ourselves, healing our world

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April, 2023

Dear Friends,

Special greetings to you this Springtime as Capacitar responds to the challenges of our times. Capacitar teams continue to work locally and internationally via Zoom, other internet platforms and now more in-person trainings, sharing tools to empower and bring hope and healing to many communities. In spite of all that we face, our vision to heal and transform ourselves and 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 refugees from Ukraine and places of conflict and disaster and for those accompanying them
- 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, El Salvador, 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 different languages
- Development of self-care workshops and translation of manuals 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



Refugee families in Mexicali learning Capacitar practices and Butterfly Tapping at a Border Compassion workshop