Have you already done the Capacitar Training but would welcome the opportunity to revisit the practices as well as the chance to practice teaching them to others in a safe space online?

Join our NEW online series of 4 Refresher Workshops, focussing on **Practicing the Practices!**

**WHAT?** four workshops - each 2.5 hours

**For WHOM?**
Anyone who is interested in refreshing and practicing the practices!

**WHERE?**
on Zoom - link will be provided

**WHEN in 2024?**
Saturdays: 28th Sept; 12th October; 16th November; 30th November

**TIMES?**
**USA:** Pacific: 0830-1100 — Mountain: 0930-1200
Central: 1030-1300 — Eastern: 1130-1400
**EUROPE:** UK/Ireland: 1630-1900
Germany/Sweden:1730-2000  
Israel/Palestine:1830-2100

**With WHOM?**
Joan Condon & Nancy Adams
Interested? Contact Us:  
jcondon@igc.org
capacitarscotland@gmail.com

**COST?** Your generosity in making a donation towards the work of Capacitar International would be received with gratitude. For USA: [http://capacitar.org/donate/](http://capacitar.org/donate/)
For Europe/UK (which will be sent to Capacitar Int’l): The Cooperative Bank; Capacitar (Scotland)  
Acct: 65327359  Sort Code: 089299

Capacitar International is a non-profit organisation based in Santa Cruz County, CA, USA  
capacitar.org