



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 Accompaniment of Immigrants & Refugees—Patricia Mathes Cane, PhD, Capacitar Founder/Director

Many countries right now are dealing with an overwhelming influx of refugees and immigrants due to wars, political violence, poverty and climate change. Our Spring newsletter focuses on Capacitar's response to this issue. The current reality and statistics are sobering. In the United States over 302,000 migrants were processed by immigration authorities in December, 2023. Since the beginning of 2024, another 300,000 migrants have arrived in the US, with 7,000 crossing the border in a 24-hour period a week ago. Over 105,000 Ukrainians have immigrated to Ireland, a large number considering the population of Ireland is 5.03 million people. Germany has taken in nearly 3 million immigrants. And according to UN statistics, Turkey (population 86 million) is the single largest host country, with nearly 4 million displaced persons and immigrants, mostly coming from Syria as a result of the ongoing 12-year civil war.

For many years, Capacitar has been actively involved in supporting refugees as well as those accompanying them, with workshops in many places, including: California, Arizona, Texas, Ciudad Juarez, Mexicali, Ireland, Scotland, England, Germany and Japan. In response to the growing needs of refugees and immigrants, we have translated our Emergency Kit of Best Practices into over 41 languages,

and made the Kit available on our website. Through Zoom workshops Capacitar has also been able to touch the lives of displaced persons in Ukraine, Haiti, Nicaragua, El Salvador, Mexico and other places dealing with immigration issues.

Our Refugee Accompaniment Manual was written in 2015 in collaboration with Capacitar leaders in El Paso and Ciudad Juarez. Capacitar en la Frontera just celebrated 15 years of outreach to many communities at the border. In response to recent political threats to organizations and individuals accompanying refugees, we offered a workshop on selfcare for activists and those who accompany refugees and immigrants at Paso del Norte Community Center. Over 30 participants represented a number of border organizations, including Annunciation House, Diocesan Refugee Center, Holy Family, Loretto Sisters Center, Jesuit Refugee Services, as well as those working with detained persons at the El Paso Processing Center.

Since our founding 36 years ago, Capacitar has had a deep commitment to global refugees and immigrants as part of our mission of healing. As the Scriptures counsel us: "The foreigner who resides with you shall be to you as the citizen among you; you shall love them as yourself, for you likewise were foreigners in the land of Egypt."



Capacitar selfcare workshop at Paso del Norte Community Center for those accompanying refugees and immigrants, El Paso, Texas



Capacitar at Border Compassion, Mexicali

In February, Capacitar Founder Pat Cane and Fr. George Horan, Founder of Healing Hearts, Restoring Hope in Los Angeles, collaborated with Sr. Suzanne Jabro, CSJ, and her team at Border Compassion. This remarkable center in Mexicali is housed in an old motel a few blocks from the border. The center offers shelter to hundreds of refugees and immigrants awaiting passage into the US. Capacitar's visit came after a group of lawyers and legal assistants representing the St. Ignatius Network of the University of San Francisco, worked with shelter residents. In the words of attorney Dick Keenan, "We witnessed humanity and hope manifesting in the shelters. The stories of cartel violence and greed against so many to whom we spoke was a powerful experience. There were also many experiences of grace in the meetings we had with the shelter residents."

Pat and George, both counseling psychologists, offered Capacitar trauma healing workshops to the many residents at Border Compassion, as well as individual counseling sessions to some of the most traumatized from drug cartel violence and the terror of their journeys to the border. Some had traveled many grueling miles from their homelands. Some hiked through the treacherous Darian Gap to arrive in Mexicali. One family showed us their gunshot wounds, a result of a cartel attacking their vehicle.

A most poignant moment came when we visited the cemetery in Holtville, CA, near the border. The front section looked similar to other cemeteries. But at the far end of the property was a green fence with a "No Trespassing" sign. Behind this fence were buried in unmarked graves many thousands of people who died trying to get to the US. They drowned or died exhausted in the desert heat. Their headstones were bricks marked only with numbers representing unnamed persons whose families still await their return home to their countries. Standing silent we prayed and tossed flowers over the fence thinking of the millions who have likewise perished around the world and lie in unmarked graves.

Capacitar is committed to accompanying the shelter residents by offering trauma healing workshops and counseling sessions several times a year. In the words of Pope Francis: *"We pray to You for all the men, women and children who have died after leaving their homelands in search for a better life. Though many of their graves bear no name, to You each one is known, loved and cherished. Wake us from the slumber of indifference, open our eyes to their suffering and free us from the insensitivity born of worldly comfort and self-centeredness. Inspire us, as nations, communities and individuals, to see that those who come to our shores are our brothers and sisters. We are one human family."*



Fingerholds for refugee mothers and children



Unmarked graves of refugees

Trauma Healing for Refugees, Ireland—Patty Abozaglo, JD

Patty Abozaglo of the Glencree Peace and Reconciliation Centre, recently offered a case study at the Dublin City University Anti Racism and Forced Migration Conference. Her presentation described the Trauma Informed Approach (T.I.A) of the Glencree Welcomes Refugees Project. The significant increase in the number of refugees arriving in Ireland is posing great challenges to those forced to flee and seek protection in Ireland. In addition, the systems and services provided by the state and private sectors are coming under increasing strain. This situation has an impact on those involved at various levels including their physical and mental health and wellbeing and their social interactions in and with new cultures. Based on Capacitar's Multicultural Wellness and Trauma Healing Programme, the Glencree team through its Refugees Project offered 22 wellness and relaxation sessions to 318 participants from refugee centres, local area partnerships, migration sector agencies, community groups, refugee hosts and others in Counties Dublin, Wicklow and Galway.

Capacitar Japan at a Refugee Center, Tokyo

In November, Pat Cane and Yuko Oyama, Coordinator of Capacitar Japan, offered a workshop at Koganei Holy Spirit Monastery, Marian Center in Tokyo. Hosted by Yukako Matsuura, Director of Koganei Refugee Center, 20 women participated with refugees from Uganda, Hong Kong, the Philippines, Ukraine and elsewhere. Capacitar will again return in November 2024 to work with refugee groups.



Capacitar in Watts: A Friend Passes

Sr. Jane Bonar, PBVM, a wonderful Capacitar friend who was co-founder of Presentation Learning Center in Watts, CA, recently died. Jane dealt with cancer for the last few years and died of respiratory complications. Jane and her close friend and co-founder Sr. Catherine Burke integrated Capacitar into all of their PLC programs that served many hundreds of immigrants and refugees coming from Mexico and Central America. Jane will be greatly missed by all for her lively spirit, visionary leadership and compassionate heart. Capacitar will continue to accompany Catherine, the PLC team and the people of Watts.



Sr. Jane Bonar (far right) and the Presentation Learning Center team in Watts

Capacitar in Ankur Kala, India—Rev. Alison Newell

With the blessing of Capacitar, I set off for Kolkata in early February to visit an Indian friend, Annie Joseph, who I had met 45 years ago in the monastery of Taize, France. Annie runs an empowerment centre called Ankur Kala (www.ankurkala.org) a place of nurture, encouragement and welcome to all who enter its doors. The women there are given a livelihood through batik work, scarves and bags, food provision, and making jams, pickles and cards. Annie met me at the airport and I began the adjustment to the assault on the senses that happens on arrival in India. Beeping horns of traffic, bright coloured saris, warm air mixed with petrol fumes, stalls laden with fruit and vegetables, smell of curries and the taste of chai.

Ankur Kala is a small community of friendship and love reaching out to those in need. At the core are their times of interfaith prayer and song. Capacitar and its philosophy fitted perfectly. The women at Ankur Kala already knew the value of attending to the body, sharing in simple yoga practice before prayer time. Annie asked me to work particularly with 3 leaders in their community to teach them Capacitar practices so that they could teach others. Every morning we shared a new practice and they were a delight to work with. As always Capacitar builds community amongst those who practice together. Annie also asked me to bring one practice each day before prayer to the larger group and to offer one practice to a group of 100 who were on a picnic at the Ankur Kala rural unit. This was for employees and friends of Ankur Kala and their families. The drum massage seemed a good choice for such a celebratory day!

Annie's story is one of faith and trust that her vision would be fruitful. Her family lived on the same road as Mother Teresa. When the brothers of Taize wanted to come and live in Kolkata for a number of months, Mother Teresa asked Annie's mother Mrs Joseph if she could host them. From her experience with the brothers, Annie became inspired to start a new empowerment centre. Annie also works to offer livelihoods to those in the Ankur Kala rural units where trafficking is a problem. Women are often drawn into the city's red light districts desperate for money. Annie speaks of the trauma that affects women and the need for alternative livelihood for the women to address the root of the problem and allow them to stay in the rural area. The Ankur Kala rural centres offer education, organic farming and food processing. There are many opportunities for Capacitar to be shared among the women there. I will continue to meet online with the women to practice and share Capacitar.

I finish with the Ankur Kala motto said every day in English and Bengali at the end of the midday interfaith prayer. *Not by charity, Not by sympathy, But by hard work and integrity, We will strive for our dignity!*



Ali Newell leading Tai Chi with the women of Ankur Kala in Kolkata, India

Capacitar in Ukraine—Mary Duennes, RN, MA

Connections are so important! I met Kerri Shaw at a Capacitar training in Akron, Ohio in October, 2018. Kerri is a social worker and program coordinator for Community Health Worker Training at Ohio University. Our connection led to a full-day Capacitar training in March, 2019 for social work and nursing faculty and staff associated with the Community Health Worker program. In Fall, 2022 through connections at OU and a church in Chernivtsi, Ukraine, an opportunity arose to offer a 16-session Community Health Worker training over Zoom. Topics were adjusted to the needs of the participants in Ukraine. Kerri wanted to include Capacitar practices and I happily agreed. Classes were held twice a week in 2-hour sessions.

The first series of classes was held in Fall, 2022 just months after the beginning of the war. There were challenges with the power grid and internet connections in that first series. The 2nd series held January-March 2024 has proceeded more easily. Participants come from a wide variety of backgrounds. Some of the topics covered include: The Impacts of War on Child Mental Health; PTSD and War Trauma in Adults; Motivational Interviewing; Capacitar Practices; Non-Violent Communication and Relationships; Psychological First Aid; Chronic Disease Management; Human Trafficking; Grief and Loss; Suicide Prevention; Lifestyle Choices and Self-Care. Many presenters, experts in their fields, were affiliated with OU.

We benefited greatly from the skills of a wonderful young interpreter, Val. It was so helpful that the Capacitar Tool Kit was translated into Ukrainian. Val translated the Introduction to Capacitar slides prior to class, as well as the Switching practice for participants. I sat in on most of the Zoom classes and was able to incorporate Capacitar practices as appropriate. For example, during the session on Grief and Loss, which was scheduled the week that the war entered a 2nd year. Participants were reminded of the Fingerholds and Switching during that session and we finished the class with several Tai Chi movements. We are now working on plans to continue Capacitar sessions with participants over Zoom.



Mary Duennes teaches Pal Dan Gum to a group in Chernivtsi, Ukraine

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Michelle Radley • Shmulik Zur • Sybil Hillel • Ward Smith
• Sr. Jane Bonar, PBVM

CAPACITAR Calendar—2024-2025

2024 Workshops & Trainings

For information, dates, times and links to Zoom or in-person trainings and gatherings in different languages, contact the following team leaders:

- Los Angeles/Southern California Tuesday Zoom gatherings:
Sheila Grady sgrady@capacitar.org
- Spanish language Zoom trainings in Nicaragua, El Salvador:
Joan Condon jcondon@igc.org
- Tucson, Arizona Trainings: Sharyn Chesser svchesser@cox.net
- Capacitar Ireland Trainings: Marian Baker capacitar.ireland1@gmail.com
- Germany Trainings: Anke Reermann anke.reermann@bistum-aachen.de
- Scotland Trainings & Zoom: Nancy Adams capacitarscotland@gmail.com
- England Trainings & Zoom: Paul Golightly capacitaralbion@outlook.com
- Israel Trainings: Lora Hillel, Ronit Zur loralih@gmail.com, ronitzur123@gmail.com
- Phillippines 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

2024-2025 Scheduled Training Dates:

- MWET 4-Module Zoom Training 2024: Joan Condon & Sheila Grady 2024: Apr 20, 27; Jun 8, 15; Aug 17, 24 jcondon@igc.org
- El Paso Tr. 2025 Dates TBA, Kathy Revtyak, kathryn.revtyak@gmail.com
- Juarez Mexico 2025 Dates TBA Claudia Brandes capacitar.juarez@gmail.com
- Nicaragua Zoom 2024: Nov 17, 2024: Dates TBA jcondon@igc.org
- England, York Trainings 2024: St. Bede's; May 18-19 Zoom; Jun 15 St. Bede's Paul Golightly Capacitaralbion@outlook.com
- Noddfa, N. Wales 2024 Adv Training with Pat Cane Sep 13-15 Mary Jo McElroy, noddafen@aol.com
- Phillippines MWET 4-Module Zoom 2024: Dates TBA Joan Condon
- Japan Trainings 2024: Nov 2-10 with Pat Cane, Tokyo, Ishinomaki, Fukushima Yuko Oyama, yukooyama.edu@gmail.com
- Capacitar Advanced Training with Pat Cane in-person Apr 13-14, 2024 Holy Spirit Retreat Center, Encino CA sgrady@capacitar.org
- Germany 4-Module Training Pat Cane, Anke Reermann, Norbert Frieters 2024 Jun 1-2, Aug 31-Sep 1 anke.reermann@bistum-aachen.de
- Germany Training of Trainers with Pat Cane & Team, May 25-26, 2024
- Scotland, Edinburgh Trainings 2024: Apr 6, May 4, Jun 1, Sep 7, Oct 5, Nov 2, Ali Newell & Nancy Adams, capacitarscotland@gmail.com
- Scotland 15th Anniversary & Trainings 2024: Sep 20-22
- Ireland Foundation Training 2024 Oct 5-6 Pat Cane & Team in-person: capacitar.ireland1@gmail.com 2025: May 10-11; Sep 27-28
- Ireland Renewal Days 2024 with Pat Cane, 2024: Oct 12; 2025: May 17, Oct 4, Marian Baker capacitar.ireland1@gmail.com
- Israel & Palestine Trainings: 2025 Mar 28-Apr 13, Pat Cane & George Horan, patcane@capacitar.org
- Chile Retreat & Celebration Apr 27-28, 2024 with Pat Cane Judy Ress judyress@yahoo.com
- Argentina Training & 20th Anniversary with Pat Cane May 4-5, 2024 Neuquén, Patagonia, Los Cerezos Losceresosur@gmail.com
- Maryknoll Mission Institute Retreat with Pat Cane, Jun 23-28, 2024, NY Sr. Peg Donovan, pegmdon@gmail.com
- Indonesia MWET Training 2024: Zoom Apr 26-27; Jun 21-22; In-person Aug 1-14 Joan Condon, jcondon@igc.org
- So.Korea Trainings 2024: Nov 15-23, In-person with Pat Cane, Korean Center for Nonviolent Communication KNVC, Suji, Kang, nvc123@krmvcedu.com



CAPACITAR
International

Healing ourselves, healing our world

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April, 2024

Dear Friends,

Greetings to all this Springtime. With all the challenges we face with war, violence, poverty and disaster our Capacitar teams are all the more committed to bringing healing and renewal to people and their communities. Our vision to heal and transform ourselves and our world is being realized in small yet important ways. 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 immigrants in the US, Mexico, Central America, Japan and Europe
- Multicultural Wellness Trainings in the Americas, Europe, Asia and the Middle East
- New 4-Module trainings and Zoom trainings in Haiti Indonesia, the Philippines, Europe 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
- Trainings for healthcare professionals in the US and elsewhere who deal with burnout.

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



Pal Dan Gum brings joy and laughter to traumatized refugees in Mexicali



Ukrainians practice Pal Dan Gum to manage ongoing stress from the war