



CAPACITAR Multicultural Wellness Training in Healing & Transformation

Sponsored by Capacitar International via Zoom

**Facilitators: Joan Condon, Capacitar International Trainer
Mary Litell, Capacitar Trainer
Sheila Grady, Training Coordinator**

2025 Training Dates:

Module 1: Feb. 08 and 15, 2025
Module 3: June 7 and 14, 2025

Saturdays 9:00am – 1:30pm

Module 2: April 12 and 26, 2025
Module 4: Sept. 13 and 20, 2025

This program is for everyone--parents, volunteer or professional caregivers, community activists, or anyone who does outreach for the impoverished, homeless, or those with issues of physical or mental health, abuse, trauma or violence.

CAPACITAR training and techniques can be immediately used and shared.

Training participants will develop:

- Wellness skills for living in these challenging times
- Use of CAPACITAR methods in family, community, and professional settings
- Basic proficiency in CAPACITAR wellness practices: Tai Chi, EFT Tapping, polarity, visualization, energy exercises, listening skills, acupressure, and breathwork
- Understanding and integration of theories and methods that form the basis of CAPACITAR work: trauma theory, energy field theory, new cosmology, multicultural wellness, leadership development, healing systems, popular education
- How to use a popular education model to share your knowledge
- A community/global vision and a commitment to personal healing



Cost \$175 for Module 1 (includes text and readings)

Modules 2, 3, and 4 are \$150 per module or all 4 Modules for \$600 (one payment)

Each module of training is a total of 8 hours spread over two Saturday sessions of 4 hours each. The text, Trauma Healing and Transformation, by Pat Cane, PhD is included and will be mailed to participants. Additional readings for each module will be sent digitally.

****Participants should be committed to attend all 4 training modules.***

To register and find payment information, <https://app.dvforms.net/api/dv/okzw73> (registration opens 11/1/24)
Payment can be by check to our office or by credit card through the link.

Capacitar International

2901 Park Avenue Suite B12

Soquel CA 95073

Contact: For more information or an application please contact:

Joan Condon, International Trainer jcondon@igc.org or Sheila Grady, Training Coordinator sgrady@capacitar.org

Capacitar International is a non-profit organization based in Santa Cruz County, CA, with a vision to bring peace, healing and wholeness to our world. Since 1988, Capacitar has worked in over 45 countries and is especially committed to places of poverty, violence, disaster and trauma.

*Capacitar is a Spanish word meaning to empower, to encourage, to bring each other to life.
Capacitar's mission is: Healing Ourselves, Healing Our World.*

www.capacitar.org