



Empowering Possibilities for Hope and Healing

Capacitar outreach is awakening hope and healing in many challenging places. During recent months teams offered trainings and conducted research interviews in the USA, Central and South America, Africa, Europe, the Middle East and Asia. This short summer newsletter gives an update on recent work along with images to inspire your support and solidarity with the Capacitar network.

USA Capacitar collaborates with US groups working with immigrants, gang violence, prison outreach and border trauma. The new training in Watts, funded through the Presentation Sisters Learning Center and co-sponsored with the LA Office of Restorative Justice and St Irenaeus Parish ministries, brings together a cross section of men and women committed to work in the Los Angeles area. Participants in the El Paso/Juarez training, sponsored by Centro Mujeres de la Esperanza, are daily offering their efforts to heal the never-ending violence at the US/Mexico border.

CENTRAL & SOUTH AMERICA Mary Litell, osf, led a trauma healing training at Centro Tremonhue in Chile with 46 men and women working with people whose lives were devastated by the earthquakes and tsunami in Southern Chile. Joan Condon visited Guatemalan, Nicaraguan and Salvadoran partners to research the impact of our work. Capacitar collaborators Gladys Lanza and the women of Visitación Padilla are currently under death threat for their brave work in Honduras. Pat Cane will lead a 3-day trauma conference in Panama for CEASPA (Panamanian office for research and social action) for men and women working in conflict zones and with border refugees, funded by OIM, an international organization focused on migrants and refugees.

AFRICA Dr. Genevieve van Waesberghe, MMM, is using Capacitar with some of the most vulnerable populations in Burundi, Rwanda, Congo DRC, Nigeria, Uganda and Kenya. Plans are in process for Genevieve to start Capacitar with collaborative groups in Juba, Southern Sudan, before the end of the year.

MIDDLE EAST The Capacitar Middle East Network is growing as training participants introduce Capacitar methods to Israeli and Palestinian communities. Manuals and materials are being translated into Hebrew and Arabic.

EUROPE Members of Capacitar Ireland have been spreading Capacitar spirit and methods to many new lands including, Zambia, Nigeria, Kenya, Uganda, Sri Lanka, Cambodia, Peru, Brazil, Colombia and Brazil. Capacitar England is taking the work to care facilities for the elderly and outreach in palliative care.

ASIA Joan Condon led research interviews in East Timor with Fidel Da Costa and discovered that even with few resources Capacitar is alive and being multiplied.



MAINE DARTMOUTH: Pat Cane offers the keynote presentations on Spirituality and Trauma at the 24th Annual Nevola Symposium, Maine Dartmouth School of Family Medicine, Colby College, June 2010.



NORTHERN IRELAND: Forty persons from a cross-section of community organizations participate in the new Armagh training, May 2010.



IRELAND: Joan Condon visits and interviews teachers to see Capacitar in action with children at a Dublin school, May 2010.



WATTS, LOS ANGELES, CA: Participants from Presentation Learning Center, LA Office of Restorative Justice and St. Irenaeus Parish outreach ministries exchange experiences at the new bi-lingual training, June 2010.



EL PASO, TX—JUAREZ, MEXICO: With a cross-cultural focus, participants learn Capacitar skills as they live and work in the midst of border poverty, trauma, and ongoing drug cartel violence, June 2010.

Capacitar: International Outreach



CAPACITAR MIDDLE EAST NETWORK: The new training in Upper Galilee, Israel, is coordinated by Loral Hillel and Asmahan Mansur with Israeli Jewish and Arab women participating. As followup, Israeli feminist leader Yvonne Deutsch co-led a workshop with Arab facilitator Itaf Awad in Capacitar self care practices for a conference in Turkey that brought together Israeli and Palestinian women peace activists, June 2010.



EAST TIMOR: As part of the Research and Reflection Project, Joan Condon conducted 33 interviews with Capacitar multipliers in Timor Leste in early July. In spite of lack of funding, a committee was formed to develop a plan for follow-up using volunteer trainers, to design a pilot project for targeted schools and to investigate the possibility of a national conference. (Top left) Fidel Da Costa with former Timor Aid Capacitar trainers, Aida and Guida.



BURUNDI: (top left photos) Dr. Genevieve van Waesberghe teaches Capacitar in a reintegration camp for former child soldiers, to give them a sense of self worth and to heal their trauma. Many said this was the first time they could sleep without nightmares.

NORTHERN UGANDA: (top right) In a Moyo center Genevieve guides youth who were abducted to deal with their trauma using Capacitar finger holds and headholds. The Sacred Heart Sisters have a school for hundreds of children who survived abduction and now suffer rejection by their families because they returned pregnant or HIV positive.



UGANDA: Capacitar Uganda Coordinator Hilda Bamwine, RSCJ, and Pat Cane meet with team representatives from 3 regions: Central (Kampala) Sr. Germina Komuhangi, Eastern (Karamoja) Mr. Edward Caudia, and Northern Uganda (Moyo) Sr. Judith Athieno SHS. In depth trainings, workshops and team mentoring are scheduled for 2011-2012 to be facilitated by Dr. Genevieve van Waesberghe MMM and Pat Cane to respond to the growing interest in different regions. With recent terrorist bombings in Kampala and fear of election violence in 2011, people are anxious to learn trauma healing methods.

CAPACITAR Calendar—2010-2012

2010

- Aug 23-25 Training for leaders in conflict zones, Panama City, Panama
- Aug 27 Training 3 Juarez, Mexico • Aug 28-29 Bi-Lingual Training 4, El Paso, TX
- Sep 10-12 Training 3 La Casa de Maria, Santa Barbara, CA
- Sep 11-12 Connecticut/Massachusetts Training 1
- Sep 13-15 Retreat, Restorative Justice Chaplains & Staff, Diocese of Los Angeles, CA
- Sep 17-19 Training 3 Center to BE, Milwaukee, Wisconsin
- Sep 24-26 Training 4 San Francisco, CA
- Sep 24-26 Bi-Lingual Training 2, Presentation Learning Center, Watts, CA
- Sep 24-26 Enneagram Energy Training, Teach Bridge Retreat Centre, Tullow, Ireland
- Oct 2-3 Training 2, Hammersmith, London, England
- Oct 5-6 Training 2, Northern Ireland • Oct 9-10 Training 2, Cork, Ireland
- Oct 12-30 Workshops Cape Town, Port Elizabeth, East London, Johannesburg, South Africa
- Nov 4-6 Nigeria Trauma/AIDS Training 3, Lagos
- Nov 16-23 Workshops/Trainings, Bethlehem, West Bank
- Nov 25-27 Training 2, Israel, Capacitar Middle East Network
- Dec 3-5 Training 4 Center to BE, Milwaukee, Wisconsin
- Dec 4-5 Connecticut/Massachusetts Training 2
- Dec 10-12 Training 4 La Casa de Maria, Santa Barbara, CA
- Dec Nicaragua Dance Retreat, CANTERA

2010-2012 Trainings—Multicultural Wellness Education

- Santa Barbara, CA La Casa de Maria, Juliet Spohn Twomey 805-969-5031 juliet@lcdm.org
2011 Training: Mar 18-20 Jun 10-12 Sept 16-18 Nov 18-20 CEUs
2012 Training: Mar 16-18 Jun 8-10 Sept 7-9 Nov 16-18 CEUs
- Connecticut/Massachusetts: Rocío Chang, Ph.D. rchangv@yahoo.com
2010 Training: Sep 24-26 Dec 4-5 2011: Mar 26-27 Jun 4-5
- California—Watts English/Spanish Training: 2011: Jan 22-23 Mar 26-27
- London, Hammersmith, England 2011: Capacitarengland@gmail.com
Training 2011-2012: Oct 29-30 2012: Jan 21-22 May 26-27 Sep 29-30
- Scotland Gathering 2011: Jan 31 Ali Newell, alinewell@aol.com
James Kirk james.p.kirk@btinternet.com
- Scotland Training 2011 Oct 22-23 2012: Jan 28-29 May 19-20 Oct 6-7
- Northern Ireland Armagh 2011: Feb 8-9 May 10-11 Ann Brady bradyann@hotmail.com
- Cork Training 2011: Feb 5-6 May 14-15 cap.ireland@eircom.net Kathleen Day ijs
- Ireland Tr Dublin 2011: May 28-29 Oct 15-16 2012: Feb 4-5 May 12-13
- Ireland Team Formation 2011: Oct 8-9 2012: Feb 11-12 Oct 13-14
- Cork Presentation Training 2011: Jul 2-3 Sep 24-25 2012: Feb 18-19 May 5-6
Alba Rodrigues, PBVM albabpvm777@yahoo.co.in
- Rwanda Butare 1 2011: Feb 17-19 Rwanda Butare 2 2011: Feb 24-26
- Rwanda Butare Tr 1 2011: Jul 7-9 2012: Feb 23-25 Jul 12-14
- Rwanda Butare Tr 2 2011: Jul 14-16 2012: Mar 1-3 Jul 19-21
capacitarwanda@yahoo.fr 0750668012 Antoinette Gasibirege, SH
- El Salvador Training 2010: Oct 30-31 2011: Jan 29-30 May 7-8 capacitarelsalvador@yahoo.com
- Middle East training: Lora Hillel, Asmahan Mansur capacitamiddleeastnetwork@gmail.com
2010: Nov 25-27 2011: Mar 3-5 June 16-18
- Uganda, Kampala Hilda Bamwine hilda.bamwine@gmail.com capacitaruganda@gmail.com
Training 1, 2011: Jul 21-23 Sept. TBA Training 2, 2011 Jul 28-30 Sept TBA
- North Wales: Penmanmar: Workshop Feb 2-3, 2011
- Argentina Retreats, Buenos Aires 2011: April 1-3, April 9-10

Gifts Made In Honor of

Mary Dueness • Joan Condon • Jan Lustig • Michael Greene • Beatrice Lindsay CSA • Deborah Golias CSA • Julia Wieglering CSA • Kathleen Ries CSA • Margaret Lorimer CSA • Mary Lou Schroeder CSA

Gifts Made In Memory of

Sr. Mary Ann Skidell • Kay Smeaton



RWANDA: Capacitar Rwanda staff Gilbert Mutagombwa and Board President Dr. Felix meet with Founder/Executive Director, Sr. Antoinette Gasibirege SH, to discuss plans for NGO nonprofit status and outreach to the National Commission for the Fight Against Genocide.

August, 2010

Dear Friends,

Special greetings to you this summer. I am writing to ask your help as Capacitar grows in places of great need here in the US and around the world. This letter comes to you from Kampala, Uganda, where a few weeks ago terrorist bombs killed over 84 people gathered to enjoy the World Cup. People are tense here as police and military patrol the streets in fear of more attacks. As suicide bombers threatened Uganda, I was in Rwanda offering trainings and collaborating with our team to establish Capacitar Rwanda as a nonprofit. Antoinette Gasibirege SH and I started the first workshops in Rwanda in July 2006. Within four years Capacitar has grown to make a significant difference for thousands of genocide survivors and people working to rebuild their country. Several national Rwandan organizations are interested in collaborating with Capacitar, including the National Commission for the Fight Against Genocide, that recognizes the value of our simple effective trauma healing methods.

Capacitar seems to synchronistically arrive in a place at the moment when we are most needed. So it is no coincidence that we were scheduled to give trainings right after the bombings. It is just one year since Margaret Wilson RSCJ and I started here in Uganda, but already the work is changing people's lives. Some of the testimonies we received from those who went through our first workshops include: "I now can sleep with the help of Capacitar practices and traumatic memories have left me." "I don't have to beat my children anymore, because I know how to let go of my anger." "My students are learning better and are more focused in the classroom since we use the exercises." "A child soldier who was raped and has HIV is able to accept herself." "Our sisters have fewer signs of stress and trauma and have healthier community relationships because of Capacitar." "These are the trauma tools we have been missing!"

Through the Trocaire-funded Research and Reflection Project, led by Special Projects Coordinator Joan Condon, we hear similar testimonies from many countries. In an El Salvador peace project that included Capacitar in work with children at risk who exhibited violent behavior and poor performance at school, there was significant improvement in attendance, attitude, focus, peer relationships and overall success in the classroom. In East Timor Joan found that people continued to use and value Capacitar in their work and communities even though funding by the sponsoring agency was cut. At the Presentation Learning Center in Watts, California, the staff and participants practice Tai Chi to start their day, and use the basic practices as part of their class routine. The Sisters report that this is making a difference in the lives of the people. Wherever we go we hear that the work is of great value. Your contribution is needed now to help us extend the trainings to even more communities.

With your support Capacitar will be able to offer the following programs and trainings in the US and other areas:

- Multicultural Wellness Trainings in the US, Europe, Latin America, Africa and the Middle East
- Work with Latina caregivers and health promoters in California and in border communities in El Paso TX/Juarez
- Continued collaboration with the LA Office of Restorative Justice and the Presentation Learning Center in Watts, CA
- Trauma Healing workshops for Palestinian and Israeli groups in the Middle East
- Trauma Healing, Leadership and HIV Trainings in Rwanda, Burundi, Congo DRC, Kenya, Nigeria and Uganda
- First outreach to groups working in Juba and Southern Sudan
- Production of Capacitar manuals in Spanish and Kinyarwanda, and basic materials in French, Arabic and Hebrew.

At this time when small nonprofits are feeling the effects of the financial crisis, we again ask you to share your resources so that Capacitar can continue to empower the lives of those living in some of the most desperate places. Your contribution to Capacitar is multiplied many times over through the multiplier effect of our approach. Thank you for your generous support and prayer. Together we can realize our mission of healing ourselves, healing our world.

In peace and solidarity,

Pat Cane

Capacitar International Founder/Director