



Celebrating 25 Years of Healing and Commitment—Patricia Mathes Cane, PhD, Capacitar Founder/Director

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
40 countries.

As we look back to our 25th Anniversary Conference at La Casa de Maria in Santa Barbara in September, many wonderful memories continue to inspire us. Sixty-five men and women from ten countries and eight states gathered to share their wisdom and experiences. What was evident throughout the conference in presentations and exchanges were the maturity and diversity of participants and their program outreach, as well as their enthusiasm and depth of commitment to Capacitar's spirit and core values.

Since our founding in 1988, Capacitar trainers have worked in over 40 countries, especially committed to people impacted by war, trauma, poverty, violence and disasters. Conference participants came from a fascinating cross-section of places and groups—the rainforests of Central America; the innercity and jail ministries of Los Angeles County; veterans' groups in Southern California; detention camps and human rights centers at the Texas/Mexico border; conflict zones and refugee camps in Africa; countries recovering from genocide; communities impacted by tsunamis, earthquakes and nuclear radiation; universities and doctoral research programs; schools of Europe and the US; and development agencies, nonprofits and the corporate world. Participants described how they offered Capacitar skills to a wide variety of people, including: women and families, survivors, the dying, the elderly, families of the disappeared, human rights activists, former child soldiers, persons with HIV/AIDS, veterans,

youth at risk, gangs, persons dealing with cancer, disability and mental health issues, caregivers, religious, rural peoples, the indigenous, prisoners, the tortured, persons in detention, religious, psychologists, social workers, students and teachers.

Participants reflected on their need for continued learning, mutual support and self-care. As an organization, Capacitar recognized the need for ongoing research and netmapping to show outcomes and levels of outreach. And all were asked to consider how Capacitar can impact not only organizations, but also whole systems in different countries and communities. As Capacitar we commit ourselves for the long haul to walking in solidarity with the peoples of our world. *To view conference videos:* <http://www.youtube.com/channel/UCPNQDL9EkukI3JlhHKKTrtQ>.



Participants at the Capacitar 25th Anniversary Celebration—La Casa de Maria, Santa Barbara, CA



Capacitar Oureach 2013

In 2013 Capacitar trainers worked in 24 countries (in the Americas, the Caribbean, Europe, Africa, Asia and the Middle East) offering Multicultural Wellness and Trauma Healing trainings to over 3000 participants representing a broad cross-section of organizations, communities and cultures. This collage of photos represents some of the many places where Capacitar is healing and transforming lives.



Peru: San Juan de Lurigancho, Lima training for grassroots leaders



Juarez, Mexico: Training for human rights and community leaders



Argentina: Neuquén community training in Patagonia



El Paso, Texas: Capacitar en la Frontera training for community leaders



Haiti: Training for CRAD volunteers working with rural development



McAllen, Texas: Border workshop at Hope Family Center



Panama: Training at rural pastoral center in Santa Fe, Darién



Guatemala: Barbara Ford Peace Center, Quiché training for Mayan leaders



South Sudan: Drum massage for men's group in Malakal



Uganda: Drum massage for youth group in Gulu, Village of Hope



Cameroon: Capacitar retreat for religious leaders



DR Congo: Self-care workshop for Amnesty & Protection International



England: London workshop for Kids Company staff



Scotland: Training at Orchard Retreat Centre, Perth



Ireland: Capacitar 10th Anniversary



Israel: Capacitar Middle East Network training in the Upper Galilee



Japan: Tokyo workshop for religious and mothers of children with cancer

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Indonesia

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Japan

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Kathleen Reiley, MM

Eiko Maki, CSJ

Hoshi Kikue

Miho Oshino

Kaori Sakuma

CAPACITAR Calendar—2014

2014

- Jan 23-24 Training 4 Juarez, Mexico
- Jan 25-26 Training 34 El Paso, Texas
- Feb 8-9 Training 4 The Bield, Perth, Scotland
- Feb 10 Advanced Formation 4 The Bield, Scotland
- Feb 13-15 Workshops in London, England
- Feb 20 Southern and Western Library & Education Board workshops, Northern Ireland
- Feb 22-23 Training 2 Nano Nagle Centre, Ballygriffin, Ireland
- Feb 28-Mar 2 Border Workshops Nogales, Mexico; Tucson, Arizona
- Mar 11-18 Trainings for Teachers, Panama
- Mar 20 Workshop Presentation Learning Center, Watts, Los Angeles, CA
- Mar 21-23 Training 1 La Casa de Maria, Santa Barbara, CA
- Mar 29-30 Training 3 Transfiguration Spirituality Center, Cincinnati, OH
- Apr 11-30 Workshops in Japan
- May 10-11 Training 1 Edinburgh, Scotland
- May 12 Advanced Training The Bield, Perth, Scotland
- May 17-18 Training 1, Roehampton, London, England
- May 19 Advanced Formation, London, England
- May 22-24 Capacitar Middle East Network
- Jun 7-8 Training 3, Nano Nagle Centre, Ballygriffin, Ireland
- Jun 13-15 Training 1, Families of Disappeared, Human Rights Chihuahua, Mexico
- Jun 21-22 Training 4 Transfiguration Spirituality Center, Cincinnati, OH
- Jun 27-29 Training 2 La Casa de Maria, Santa Barbara, CA
- Jul Trainings in Africa
- Aug 5-10 Trainings in Panama
- Aug 13-17 Trainings in San Juan de Lurigancho, Peru
- Sep 3 Advanced Formation 1 El Paso, Texas
- Sep 4-5 Training 1 Juarez, Mexico
- Sep 6-7 Training 1 El Paso, Texas
- Sep 8 Advanced Formation 1 Juarez
- Sep 12-14 Training 3 La Casa de Maria, Santa Barbara, CA
- Sep 27-28 Training 2, Edinburgh, Scotland Sep 29 Advanced Training 2 Perth, Scotland
- Oct 1-2 Training Noddfa, Penmanmawr, Wales
- Oct 4-5 Training 2 Roehampton, London, England Oct 6 Advanced Formation 2 London
- Oct 9 Southern and Western Library & Education Board workshops, Northern Ireland
- Oct 11-12 Training 4 Nano Nagle Centre, Ballygriffin, Ireland
- Oct 20-31, Nov 1-2 Trainings in Argentina; 10th Anniversary Celebration Capacitar Argentina
- Nov 7-9 Training 4 La Casa de Maria, Santa Barbara, CA
- Nov 11-20 Trainings in Japan
- Dec 5-7 Training 2, Families of Disappeared, Human Rights Chihuahua, Mexico

2014-2015 Trainings—Multicultural Wellness Education

- Santa Barbara, CA La Casa de Maria, Juliet Spohn Twomey 805-969-5031 juliet@icdm.org CEUs
- 2014 Training: Mar 21-23 Jun 27-29 Sep 12-14 Nov 7-9
- Capacitar en la Frontera-El Paso/Juarez capacitar.frontera@gmail.com
- El Paso TX Training: 2014: Sept 6-7 2015: Jan 17-18 Mar 28-29 Sep 19-20
- Juarez, MX Training: 2014: Sep 4-5 2015: Jan 15-16 Mar 26-27 Sep 17-18
- England: London Margaret Wilson RSCJ, Marj McDaid capacitarenland@gmail.com
- Roehampton, London Training 2014: May 17-18 Oct 4-5 2015: Feb 7-8 May 16-17
- Edinburgh, Scotland Ali Newell, James Kirk Shirley Gillian capacitarscotland@gmail.com
- Training 2014: May 10-11 Sep 27-28 2015: Feb 14-15 May 9-10

Cars for Capacitar

Want to support Capacitar? Have a car you don't need? Have a car not worth trading in?

You can donate it, receive a tax deduction and support Capacitar. All you have to do is call Cars4Causes-888-493-9186 or go to www.cars4causes.net. Alternately, you can go to the Capacitar website www.capacitar.org and click on the donate car button on the home page. That will take you to the page with a link to Cars4Causes.



There is no other work for you than to fill out the online form or make the call. Cars4Causes handles pick up and all the paperwork at no cost to you. Just be sure you tell them the proceeds go to Capacitar International and you receive the tax benefit!

Gifts Made In Honor of

Joan Condon • Mary Litell osf • Pat Cane

Gifts Made In Memory of

Martha & Andrew Rebmann • Tom Condon • Sr. Mary Driscoll MM
Dorothy Bengal • Martha Benedict • Paul Johnson • Edy Henderson

REMEMBER CAPACITAR IN YOUR ESTATE PLAN

Bequests made through your will may be for a specific percentage or sum of an estate.

Gifts of Life insurance - Transfer ownership of a life insurance policy to CAPACITAR.

FREQUENT FLYER MILES

Support our outreach to areas of conflict and violence: We need airline tickets. If you can help us with miles for tickets, call the Capacitar office at 831-471-9215.



CAPACITAR
International

Healing ourselves, healing our world

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December, 2013

Dear Friends,

Greetings to you this holiday season! It has been a very full year for Capacitar with our 25th Anniversary Conference, along with trainings in over 24 countries. With your generous support you have been a part of our spirit and outreach touching many lives in places of great need.

As Capacitar continues to respond to requests for workshops and trainings, your support will empower us to do that. Your donation will make possible:

- Multicultural Wellness Trainings in 15 countries in the US, Latin America, Europe, Africa and the Middle East
- Work with Latino caregivers and health promoters in US/Mexico border communities and with refugee groups
- Trauma Healing & Leadership Trainings in Rwanda, Uganda, Congo DRC, South Sudan, Kenya, East Timor & Indonesia
- Outreach to refugee communities and detention camps through Capacitar en la Frontera
- Trauma Healing Trainings for survivors of the earthquakes in Haiti and in Japan
- Translation and development of teaching materials in different languages.

Capacitar cannot do this work without you. You are part of our Capacitar global family and network. At this time when finances continue to be a struggle for everyone, we are especially grateful for your generous donations and prayerful support. Together we are committed to the mission of healing ourselves and healing our world.

In peace and solidarity,

Pat Cane

Capacitar International Founder/Director



Capacitar 25th Anniversary Conference—La Casa de Maria Santa Barbara CA



Sharing Tai Chi in four languages at the Capacitar Global Conference—September 2013