



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

42 countries.

## Capacitar Building Bridges of Solidarity—Patricia Mathes Cane, PhD, Capacitar Founder/Director

In the midst of the many challenges of our world, there are some special moments that remind us of the greatness of the human spirit. Last fall in Guatemala, during a Capacitar training for health promoters who are working to heal gender violence, the Mayan women were very concerned about the plight of women in Afghanistan. María and Marta asked if they could write letters to the Afghan women, commenting, "We know what the women are going through because we also have suffered war and gender violence." So the class wrote their notes (in Spanish) and made Guatemalan friendship bracelets. They also prepared small ceremonial bags containing Mayan symbols of hope, wisdom and solidarity: a shell, a crystal, and a grain of corn. They blessed these with a Mayan ceremony and made the gifts ready to be delivered to our Afghan friends.

This past February, George Horan and I traveled to Afghanistan to work with the Afghan Peace Volunteers (APV) and Border Free Community and carried the Mayan gifts. During our ten days in Kabul we facilitated five workshops for over 150 high school and university youth, women seamstresses and some mothers of street children. We also offered counseling sessions to over 30 people. At a party on our last day we gave the Mayan gifts to the APV women and men. As we translated the Guatemalan notes to English and Dari, the Afghans were so happy to hear the thoughtful messages of solidarity and know that they were remembered by people on the other side of the world. Some of the Afghan students had been at the American University last September and witnessed the terrorist attack that killed 37 people and wounded many of their friends. Some in the group felt very depressed with no hope for the future. So the solidarity exchange was important to inspire hope.

In March, we carried back to the Guatemalans blue scarves made by the Afghan women with "Border Free" embroidered in English and Dari. The Mayan men and women proudly received their scarves and wore them like hijabs in solidarity with the people of Afghanistan!



*Afghan Peace Volunteers receiving friendship bracelets*



*Afghan women proudly wearing their Guatemalan gifts*



*APV youth meeting Guatemala friends in notes and photos*



*Mayan health promoters of Barbara Ford Peace Center, Quiché, wearing their Border Free Scarves made by the women of Afghanistan*





### Capacitar in Alaska

New outreach is developing in Alaska spearheaded by Lara Collis and Linda Chamberlain. Lara Collis is a Licensed Professional Counselor (LPC) working in Mental Health in the Bristol Bay region of rural Alaska (Dillingham). Lara completed the Capacitar training in 2009 while coordinating a domestic violence and sexual abuse healing program for the United Indians of All Tribes Foundation in Seattle, WA. In Alaska, Lara travels to rural villages and provides services via telemedicine. She has offered Capacitar techniques and wellness prevention strategies to a wide range of multicultural audiences including Behavioral Health Aides, Community Health Aide Program (CHAP), to clients of a diabetes clinic, a community potluck, local substance abuse treatment program, local employee wellness programs, and conferences for service providers.

Linda Chamberlain, an epidemiologist and founding Director of the Alaska Family Violence Prevention Project, has traveled for more than two decades throughout Alaska, the continental US, Canada and other countries to help service providers and communities understand the effects of trauma on children and adults, developing best practices to promote resilience and healing. Her interest in mind-body modalities that are effective cross-culturally led her to Capacitar. She finished her Capacitar training in 2016, and was mentored by Lara Collis. Last summer Linda integrated Capacitar practices into a presentation on trauma at a statewide rural providers training in Nome. Afterwards, many elders shared how they connected with the Capacitar work. Encouraged by their response, Linda offered a Capacitar workshop for child protection service providers. In February, working with the statewide coalition on domestic violence and sexual assault, she launched a Capacitar training for domestic violence advocates and community partners from all 18 shelters in Alaska. A workshop on self-care will be offered at a conference for child care providers and early educators this spring. She also included Capacitar modalities in a webinar series for teachers. Pat Cane and Taran Collis will visit Alaska in September to help conduct a series of meetings and introductory gatherings in Western Alaska.



*Lara Collis, LPC, and Linda Chamberlain, PhD, bringing Capacitar to Alaska*

### Capacitar in San Antonio, Texas

Capacitar's new training in San Antonio, TX, is led by Joan Condon and coordinated by Patricia Connolly, DC. Fourteen women completed Module 2 of the Multicultural Wellness Education training in mid-March. In between modules the participants have used the techniques, such as fingerholds and emotional freedom tapping, for themselves and their families. They have also shared in women's groups, wellness center classes, Bible study classes, hospice work, and private psychotherapy practice, as well as with caregivers and a pre-school teacher. One of the participants, a psychologist, is going to Haiti to teach short courses at a school for social workers. She plans to include some of the Capacitar practices for self care.



*San Antonio, TX participants with Capacitar facilitator Joan Condon*





*Ireland/Northern Ireland: Participants in the Newry training*



*Watts, Los Angeles, CA Latino participants at a Presentation Learning Center workshop*



*Santa Barbara CA: Participants at the new La Casa de Maria Capacitar training*



*Tucson, Arizona: Graduates of the training sponsored by Catalina Rotary of Tucson*



*Nigeria: Participants in the Mission-21 training in Lagos*



*Kenya: Genevieve van Waesberghe MMM leading a CIC retreat*



*Durham, England: Margaret Wilson RSCJ leading Pal Dan Gum at St. Antony Priory training*

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## CAPACITAR Calendar—2017

### 2017

- Apr New trainings in the Philippines
- Apr 1-9 Trainings in Japan
- Apr 20-27 New trainings in Beirut, Lebanon
- May 4-5 Tr 3 Juarez, Mexico • May 9 Juarez Advanced Formation
- May 6-7 Tr 3 El Paso, Texas • May 8 El Paso Advanced Formation
- May 12 Toronto Taster Workshop Univ. of Victoria • May 13-14 Tr 4 Toronto, Canada
- May 27-28 Tr 1 University of Edinburgh Chaplaincy, Edinburgh, Scotland
- May 29 Scotland Advanced Formation, The Bield, Perth Scotland
- Jun 2 Advanced Formation, St. Antony Priory, • Jun 3-4 Tr 3 St. Antony Priory, Durham, England
- Jun 6-7 Tr 3, Newry, Northern Ireland, Capacitar Ireland • Jun 8 Portlaois Ireland Refresher Day
- Jun 16-17 Training Capacitar Middle East Network, Israel
- Jun 19-20 West Bank Training for Counselors—Jenin, Ministry of Education
- Jun 21 Ramallah Training, West Bank Palestine
- Jun 22, 23 Workshop, Advanced Tr Bethlehem, Beit Jala, Palestine
- Jun 24-25 Tr 3 San Antonio, Texas
- Jun 28-Jul 4 Trainings for Health Promoters, Centro de Paz, Quiché, Guatemala
- Jul 7-9 Tr 2, La Casa de Maria, Santa Barbara, California
- Jul 21-25 Trainings in Panama
- Jul 27, 28 Trainings for INSEDES, Guatemala
- Jul Trainings in Haiti
- Aug 4-8 Trainings in Seoul, Korea
- Aug 10-11 Tr 4 Juarez, Mexico • Aug 15 Advanced Formation Juarez
- Aug 12-13 Tr 4 El Paso, Texas • Aug 14 Advanced Formation El Paso
- Aug 18-20 Advanced Formation, La Casa de Maria, Santa Barbara, CA
- Aug 24-29 Trainings in Neuquen, Argentina
- Sep 4-11 Meetings and Trainings in Alaska—Anchorage and Dillingham
- Sep 15-17 Tr 3, La Casa de Maria, Santa Barbara, CA
- Sep 16-18 Yoga Capacitar Retreat, IHM Spirituality Center, Santa Barbara CA
- Sep 23 London Workshop • Sep 24 London Advanced Formation
- Sep 23-24 Tr 4 San Antonio, Texas
- Sep 26-27 Tr 4 Newry, Northern Ireland, Capacitar Ireland
- Sep 29 Durham Advanced Formation • Sep 30-Oct 1 Tr 4 St. Antony Priory, Durham, England
- Oct 3-4 Training, Noddfa, Penmanmawr, North Wales
- Oct 7-8 Tr 2 University of Edinburgh Chaplaincy • Oct 9 Scotland Advanced, The Bield, Perth Scotland
- Oct 12-21 Workshops in Kabul, Afghanistan
- Nov 3-15 Trainings in Japan—Tokyo, Sendai, Fukushima, Okinawa
- Nov 20-24 Guatemala Trainings, Centro de Paz Hma Barbara Ford, Quiché
- Nov 26, 27 Trainings for Insedes, Guatemala City
- Dec 8-10 Tr 4, LCDM, Santa Barbara, CA • Dec 10 SoCAL Gathering LCDM, Santa Barbara
- Dec Nicaragua Dance Retreat, Cantera, Managua

### 2018-2019 Trainings

- Santa Barbara, CA La Casa de Maria, 805-969-5031 Anne Price, anne@lcmdm.org CEUs  
2018 Training: Mar 9-11 July 6-8 Sep 7-9 Dec 7-9
- Alaska Training Capacitar Alaska  
2018 Training: May 5-6 Sep 22-23 2019: Mar 30-31 Aug 3-4
- Toronto, Canada Emmanuel College, betsy.anderson@utoronto.ca  
Training 2018: Jun 23-24 Sep 15-16 2019: Jan 26-27 Apr 27-28
- Edinburgh, Scotland capacitarScotland@gmail.com  
Training 2018: Feb 3-4 May 5-6
- Capacitar Ireland capacitarireland1@gmail.com  
Tutor Training 2018: Feb 10-11 Jun 9-10  
Foundation Training 2018: Dec 1-2 2019: Mar 2-3 Jun 8-9 Oct 12-13
- Afghanistan, Borderfree Afghan Peace Volunteers Dr. Hakim Young, MD borderfree@mail2world.com  
2018: Feb 14-25 Oct 17-28 Workshops and trainings
- Guatemala Centro de Paz Barbara Ford Sr. Virginia Seering, SC vseering@gmail.com  
2018 Trainings: Jan 8-12 Apr 23-27 Aug 20-25 Nov 5-9
- Capacitar Middle East Network—Israel  
2018 Trainings: Jan 19-20 May 25-26 Nov 16-17
- West Bank, Palestine—Beit Jala, Bethlehem—eilda@beitshams  
2018 Trainings: Jan 26-27 Jun 1-2 Nov 23-24
- Tokyo, Japan Capacitar Japan  
2018 Trainings: Apr 5-18 Sep 27-Oct 14
- Capacitar Scotland 10th Anniversary Celebration: May 19-20, 2018, The Bield, Perth
- Capacitar 30th Anniversary Global Conference: Aug 6-8, 2018, La Casa de Maria, S Barbara, CA

### Gifts Made In Honor of

Joan Condon • Pat Cane • Mary Litell osf

### Gifts Made In Memory of

Martha & Andrew Rebmann • Tom Condon • Sr. Claude Power PBVM

### Support Capacitar through AmazonSmile

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**CAPACITAR  
International**

*Healing ourselves, healing our world*

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April, 2017

Dear Friends,

Greetings to you this Springtime as our earth brings forth new life in the midst of many challenges. As Capacitar we are committed to bring new life and hope to places of challenge where the human family faces war, violence and desperation.

Your support will empower Capacitar to do the following:

- Outreach in four new places in 2017: the Philippines, Lebanon, Alaska and San Antonio, Texas
- Trainings for those working with refugees and the detained in the US, Europe and the Middle East
- Multicultural Wellness Trainings in 15 countries in the Americas, Europe, Africa, Asia and the Middle East
- Outreach workshops to women's groups and nonviolent peace groups in Afghanistan
- Trauma Healing & Leadership Trainings in DR Congo, South Sudan, Rwanda and Indonesia
- Work with Human Rights Defenders in Mexico, Central America and other world areas
- Work with refugee communities and detention centers through Capacitar en la Frontera at the US/Mexico border
- Workshops to heal gender violence in Japan, Mexico, Central America, Panama and other countries
- Publication and translation of the Human Rights Manual and Japanese Capacitar for Children Manual
- Translation of the Refugee Accompaniment Manual to Spanish, Arabic and French.

We cannot do this work without you! We are deeply grateful for your generous donations and prayerful support. Together we are committed to the mission of healing ourselves and healing our world.

With peace and blessings,

*Pat Cane*

Capacitar International Founder/Director



*Participants from all of Ireland in the Capacitar training in Newry*



*Walking the Labyrinth in San Antonio*