



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.

## Circles of Light in the Darkness—Patricia Mathes Cane, PhD, Capacitar Founder/Director

As the darkness and violence of our times challenge us on many levels, Capacitar circles around the world offer light and healing in the midst of community violence, disasters, gender violence, immigration issues, and trauma. At the Texas/Mexico border and in other parts of the US, trainings in self-care and tools for trauma healing have been given to psychologists, social workers, legal aid workers and those accompanying refugees and immigrants. Workshops in how to handle fear and stress were recently offered to participants at Presentation Learning Center that serves the Spanish-speaking community in Watts, near Los Angeles, CA.

After the recent devastating earthquakes in Lombok and Sulawesi, the Capacitar Indonesia team reached out to survivors

to offer trauma healing workshops and individual support. With the growing numbers of women and men talking about their own experiences of abuse, workshops to heal gender violence are being offered in Guatemala, Mexico, Panama, Japan, Indonesia, the US and other countries to give survivors tools to heal and transform their lives.

As one woman in Japan recently said, "Capacitar came at the right time for us. We don't have to talk a lot about our painful experiences, but instead have tools to heal and empower ourselves." As we remember this season of light transforming darkness, the words of Rev. Martin Luther King Jr. can guide us: "Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that."



*Presentation Learning Center, Watts, CA—Capacitar drum massage circle to relieve stress and anxiety*



*Lombok, Indonesia—Children survivors of the recent earthquake learning Capacitar trauma healing exercises*





## Capacitar 2018 Outreach

During 2018, Capacitar offered trainings to over 3,100 people with many more thousands benefiting from the popular education multiplier effect. Trainers worked in 23 countries including: the USA (California, Texas, Arizona, and Ohio), Canada, Mexico, El Salvador, Guatemala, Nicaragua, Panama, Haiti, Ireland, Northern Ireland, Scotland, England, Wales, Israel, Palestine, Japan, The Philippines, Rwanda, Tanzania, Kenya, DR Congo, Uganda and South Sudan. Welcome to the growing Capacitar global network!



*Japan—Drum massage at the advanced training in Tokyo*



*DR Congo—Drum massage for stress led by Sr. Ingrid Janish*



*Ireland/Northern Ireland—Circle at Glencree for those working with refugees*



*Lombok, Indonesia—Earthquake survivors practicing Capacitar*



*The Philippines—Training with community leaders*



*Beit Jala, Palestine—Hand Massage for healing trauma*



*Israel—Community healing with Jews, Christians, Muslims*





*Quiché, Guatemala—Health promoters working to heal gender violence*



*Durham, England—Drum circle at training*



*N. Wales—Healing circle at Noddfa Retreat Center*



*Scotland—10th Anniversary Tai Chi circle*



*Toronto, Canada—Capacitar training at Emmanuel College*



*Capacitar en la Frontera—10th Anniversary healing circle*



*Tucson, AZ—Sharing experiences at the advanced training*



*Los Angeles, CA—Global Conference Tai Chi in four languages*



*San Antonio, TX—Training group of local leaders*

## CAPACITAR Staff, Board and Advisors

### Founder/Director

Patricia Mathes Cane, Ph.D.

### Capacitar Office Coordinator

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Tsugumi Fugita

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Hyunjoo Jeong

### Afghanistan

Dr. Hakim Young, MD

### The Philippines

Diana McDermott

## CAPACITAR Calendar—2019

### 2019—Workshops & Trainings

- Jan 12 Capacitar Board Retreat
- Jan 18 Advanced Tr Ciudad Juarez, Mexico Capacitar en la Frontera
- Jan 19 Capacitar en la Frontera Workshop, El Paso TX
- Jan 19 Workshop, Oakwood Atherton CA
- Jan 20 Advanced Tr El Paso, Texas Capacitar en la Frontera
- Jan 25-26 Tr 4 Oakwood, Atherton, CA
- Jan 26-27 Tr 3, Emmanuel College, Toronto, Canada
- Feb 2-3 Tr 3, Aachen, Germany
- Feb 6-7 Trauma Healing Symposium, Catholic University, Aachen, Germany
- Feb 9-10 Tr 1, Zwochau, Eastern Germany
- Feb 16-17 Tr 1, Glasgow, Scotland
- Feb 19-26 Workshops in Kabul, Afghanistan
- Feb New Training British Virgin Islands
- Mar 2-3 Tr 2 Marino College Dublin, Ireland
- March 8 Advanced Training, Durham, England
- Mar 9-10 Tr 3 Durham, Northern England
- Mar 20, 21 Workshops, Presentation Learning Center Watts, Los Angeles, CA
- Mar 22-24 Tr 3 Holy Spirit Retreat Center, Encino, CA
- Mar 30-31 Advanced Training, Tucson, Arizona
- Mar Trainings in The Philippines
- Apr 5-14 Trainings in Japan: Tokyo, Ishinomaki, Fukushima, Okinawa
- Apr 27-28 Tr 4, Emmanuel College, Toronto, Canada
- May 4-5 Advanced Training, Emmanuel College, University of Toronto
- May 11-12 Tr 4, Aachen, Germany
- May 18-19 Tr 2, Zwochau, Eastern Germany
- May 25-26 Tr 1 KORU, Luxembourg
- May Trainings in Haiti
- Jun 1-2 Tr 2 Perth, Scotland
- Jun 18-19 Training, Noddfa, Penmaenmawr, Northern Wales
- Jun 22-23 Tr 3 Dublin, Ireland
- Jun 22-23 Tr 4 Durham, Northern England
- Jun Trainings in Panama
- Aug 2-4 Tr 4 Holy Spirit Retreat Center, Encino, CA
- Aug 17-18 Tr 2 KORU, Luxembourg
- Aug 24-25 Tr 3, Zwochau, Eastern Germany
- Aug 31-Sep 1 Tr 3 Glasgow, Scotland
- Sep 4-15 Trainings in Argentina
- Oct 2-6 Trainings in Alaska
- Oct 12-13 Tr 4 Dublin, Ireland
- Oct 17-24 Workshops in Kabul, Afghanistan
- Nov 2-12 Trainings in Tokyo, Ishinomaki, Fukushima, Okinawa, Japan
- Nov 22-23 Trainings in Israel
- Nov 26-30 Trainings in Palestine: Jenin, Ramallah, Beit Jalla
- Nov Trainings in The Philippines
- Dec 7-8 Tr 4, Zwochau, Eastern Germany

### 2019-2020 Trainings

- Encino, CA Holy Spirit Ctr. 818-943-0781 Sheila Grady mrssgrady@gmail.com CEs  
2019-2020 Training: Dates TBA
- San Francisco Bay Area: Atherton, CA Sr. Patty Creedon pcreedon@rscj.org  
2019-2020 Training: Dates TBA
- Scotland, Perth & Glasgow The Bield--Perth, Finn's Place--Glasgow  
capacitarscotland@gmail.com  
2019 Training: Feb 16-17 Jun 1-2 Aug 31-Sep 1 2020: Mar 21-22
- Capacitar Ireland capacitar.ireland1@gmail.com  
Foundation Training 2019: Mar 2-3 Jun 22-23 Oct 12-13
- West Bank, Palestine—Beit Jala—Eilda Zaghmout eilda@beitshams.  
2019 Training: Nov 29-30
- Israel, Upper Galilee. Capacitar Mideast Network, Lora Hillel loralih@gmail.com  
2019 Training: Nov 22-23
- Aachen, Germany Anke Reerman, anke.reermann@bistum-aachen.de  
2019: Jan 12-13 May 11-12
- Eastern Germany, Zwochau Anke Reerman, anke.reermann@bistum-aachen.de  
Training 2019: Feb 9-10 May 18-19 Aug 24-25 Dec 7-8
- Luxembourg (KORU) Lidice Mendizabal lidice@koru-foundation.org  
Training 2019: May 25-26 Aug 17-18 2020: Mar 14-15 May 23-24

### Gifts Made In Honor of

- Joan Condon • Pat Cane • Mary Litell • Mary Duennes • Ree Taylor

### Gifts Made In Memory of

Martha & Andrew Rebmann • Tom Condon • Marjorie Wilbur

### Support Capacitar through AmazonSmile

AmazonSmile is a simple and automatic way for you to support Capacitar, at no cost to you. When you shop at [smile.amazon.com](https://smile.amazon.com), just select **Capacitar** from the list of charities. Amazon will donate a portion of the purchase price to Capacitar.





**CAPACITAR  
International**

*Healing ourselves, healing our world*

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December, 2018

Dear Friends,

As we celebrate this season of Light transforming the darkness, will you help us with our healing work so needed at this time in our world? Your support will empower Capacitar to do the following:

- 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
- New 4-Module trainings in Germany, Luxembourg, The Philippines and the British Virgin Islands
- Trauma Healing & Leadership Trainings in DR Congo, South Sudan and Haiti
- 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, Guatemala, Panama and other countries
- Translation and publication of Capacitar manuals and materials in Spanish, Arabic, French and German.

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*



*Juarez, Mexico—Drum circle for 10th Anniversary celebration*



*Suchitoto, El Salvador—Practices to heal community stress and violence*



*Aachen, Germany—Capacitar training for social workers, teachers and those working with refugees*



*Indonesia—the Holds for a survivor*