



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 Accompanying the People of Haiti—Patricia Mathes Cane, PhD, Capacitar Founder/Director

Capacitar trainer Joan Condon and translator Wilson H'odiore were in Haiti the week of September 25, just before Hurricane Mathew hit. They completed a 3-day training for 28 people in Montrouis, on the coast north of Port Au Prince. Twelve were from St. Paul's Parish in Montrouis and are partway through the Capacitar training. The rest were from Notre Dame Parish in Bolosse, one of the poorer areas in Port Au Prince. This group completed the in-depth training last year, so this was both an opportunity to receive some advanced training and to model the techniques and practice them with the Montrouis group. The group decided to meet in the early morning so members of the Notre Dame group could take turns teaching some of the practices to the rest of the group.

In Port Au Prince, a 2-day refresher training for 33 people from various parts of the country was sponsored by CRAD—Centre de Recherche e Développement. The majority of this group completed the in-depth training in 2014 and welcomed the chance to get together and review and practice the techniques as well as learn some new ones. One of the new techniques presented was the Protection Hand Positions, one of which is to help deal with fear from natural events. With the hurricane that battered the country the following week, it gave anyone who was part of the training something to use for themselves and others in the face of the storm.

The hurricane devastated parts of the county and many lost family members and possessions. All of the Capacitar people are alright. Capacitar is now committed to respond within its mission of trauma healing. It will collaborate with Capacitar in Haiti to help meet the needs of those traumatized by the loss of homes, crops and livestock. Capacitar will work with team members, such as those from Notre Dame, to build collaborative relationships with NGO's and community-based organizations in the disaster areas. Haiti team members are already sharing Capacitar techniques in schools, women's groups, church groups and neighborhoods where they live, but need support to reach out to the South. This way people like Denke, who each Sunday shares Capacitar techniques with deaf or blind young people from St. Vincent's School, can get to the areas where help is so badly needed. Capacitar will accompany the people of Haiti who, once again, struggle to surmount the devastation in their country.



Joan Condon with the Capacitar Haiti team of trainers



Capacitar Haiti trainer teaching the Fingerholds



Charles from Les Cayes leading the Drum Massage

In Loving Memory of Honduran Leader Gladys Lanza ¡Gladys, presente!



In September, Capacitar lost a dear friend—Gladys Lanza, internationally known human rights activist, brave defender of women's rights, and Coordinator of Centro Visitación Padilla in Tegucigalpa. After years of struggle in the union movement, death threats and the fire bombing of her home, Gladys met Capacitar in the early 1990's. She described the significance of reconnecting with her body and spirit and how this changed the way she lived: "Capacitar opened me to life. The change in me and in our organization was a help in working to change unjust laws. Without Capacitar we would have continued being angry, living in the dark." Gladys also reflected: "The powers that be don't realize how subversive I have become. I am now committed to a revolution of love and to a transformation of the heart. Somehow I am able to see in those who I used to call the enemy, the same possibility for compassion and grace that I have learned to recognize within myself. And no violence can destroy that!"



Capacitar Outreach 2016

Capacitar Work in Over 25 Countries

During 2016, Capacitar offered trainings to nearly 3,000 people in the USA, Canada, Mexico, El Salvador, Honduras, Guatemala, Nicaragua, Panama, Haiti, Ireland, Northern Ireland, Scotland, England, Wales, Israel, Palestine, Afghanistan, Japan, Indonesia, Rwanda, Tanzania, Kenya, DR Congo, Uganda and South Sudan. Welcome to the Capacitar global family!



Afghanistan: Border Free Nonviolence Community at a Capacitar workshop



Indonesia: Children learn the Fingerholds at a local school



Japan: Tsunami survivors in Ishinomaki practice hand positions for protection



El Paso, TX: Training for those working with refugees and border issues



Guatemala: Health promoters in Quiché send greetings and gifts to Afghanistan



Honduras: 65 Human Rights Defenders at the Capacitar training in August



Panama: Tai Chi for INAMU Women's Institute working to heal gender violence



Mexico: Drum Massage for HR defenders and psychologists in Ciudad Juarez



Ireland/Northern Ireland: New training for 46 participants from all of Ireland



Scotland: Training for participants from Perth, Glasgow, Edinburgh, Aberdeen



Canada: Toronto training for ministers, psychologists, social workers, carers



Tucson, AZ: Catalina Rotary-funded training for those working with children



Santa Barbara, CA: La Casa de Maria training



Wales: Training for carers at Noddfa in Penmanmawr



Chihuahua, MX: Human Rights defenders



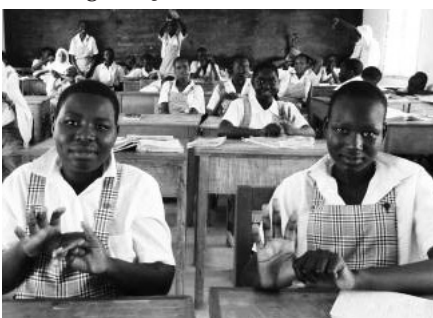
Rwanda: Health carers in Kirambi



DR Congo: Capacitar North Kivu team



South Sudan: Diocesan Training



Kenya: Fingerholds for children in Kakuma



Israel: Tai Chi for Haifa children



Palestine: Training hosted at the wellness center Beit Shams near Bethlehem

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CAPACITAR Calendar—2017

2017

- Jan 7-8 Tr 2 Capacitar en la Frontera, El Paso, Texas • Jan 6 El Paso Module 1 Make up
- Jan 9-13 Guatemala Trainings, Centro de Paz Hma Barbara Ford, Quiché
- Jan 21-22 Tr 3 Toronto, Canada • Jan 21-22 Tr 1 San Antonio, Texas
- Jan 26-27 Tr 2 Capacitar en la Frontera, Juarez, Mexico
- Feb 2-6 Trainings Indonesia
- Feb 7-8 Tr 2 Newry, Northern Ireland, Capacitar Ireland
- Feb 10 Advanced Formation, St. Antony Priory • Feb 11-12 Tr 2, St. Antony Priory, Durham, England
- Feb 17-27 Workshops, Kabul, Afghanistan
- Mar 4-5 Tr 4, Catalina Tucson Rotary-funded Training, Tucson, Arizona
- Mar 10-12 Tr 1, La Casa de Maria, Santa Barbara, California
- Mar 14-21 Guatemala Trainings, Centro de Paz Hma Barbara Ford, Quiché
- Mar 23-26 Chihuahua Mexico, Human Rights Manual, CEDEHM
- Mar 25-26 Tr 2 San Antonio, Texas
- Mar Trainings and workshops in Haiti
- Apr 1-9 Trainings in Japan—Tokyo, Ishinomaki, Sendai, Fukushima
- Apr 20-28 Workshops and Trainings, Beirut, Lebanon
- Apr New trainings in the Philippines
- 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 6-7 Tr 3 San Antonio, Texas • 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 16-17 Trainings Capacitar Middle East Network, Israel
- Jun 20-24 West Bank Trainings—Jenin, Ramallah, Bethlehem, Beit Jala, Palestine
- Jun 30-Jul 4 Panama Trainings
- Jul 7-9 Tr 2, La Casa de Maria, Santa Barbara, California
- Jul 21-30 Trainings in Argentina
- 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 21-26 Guatemala Trainings, Centro de Paz Hma Barbara Ford, Quiché
- Sep 4-11 Trainings in Alaska
- Sep 15-17 Tr 3, La Casa de Maria, Santa Barbara, CA • Sep 16-17 Tr 4 San Antonio, Texas
- Sep 23 London Workshop • Sep 24 London Advanced Formation
- 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 12-24 Workshops in Kabul, Afghanistan
- Nov 3-16 Trainings in Japan—Tokyo, Sendai, Fukushima, Okinawa
- Nov 20-24 Guatemala Trainings, Centro de Paz Hma Barbara Ford, Quiché
- Dec 8-10 Tr 4, LCDM, Santa Barbara, CA • Dec 10 SoCAL Gathering LCDM, Santa Barbara

2017-2018 Trainings

- Santa Barbara, CA La Casa de Maria, 805-969-5031 Anne Price anne@lcmd.org CEUs
2017 Training: Mar 18-20 July 15-17 Sep 9-11 Dec 9-11
2018 Training: Mar 9-11 July 6-8 Sep 7-9 Dec 7-9
- San Antonio, TX Patricia Connolly DC CapSanAntonio@gmail.com pconnolly62@gmail.com
Training 2017: Jan 21-22 Mar 25-26 May 6-7 Sep 16-17
- El Paso/Juarez Advanced Kathy Braun OSF, Kathy Revtyak CapacitarFrontera@gmail.com
El Paso Training 2017: Jan 7-8 May 6-7 Aug 12-13 Jan 6 Module 1 Make up day
Juarez Training 2017: Jan 26-27 May 4-5 Aug 10-11
- Edinburgh, Scotland capacitarscotland@gmail.com
Training 2017: May 27-28 Oct 7-8 2018: Feb 3-4 May 5-6
- Northern Ireland/Ireland, Newry bradyann@hotmail.com
Training 2017: Feb 7-8 Jun 6-7 Sep 26-27
- Korea: Center for Nonviolent Communication Katherine Singer nvc@krnvc.org
2017: August 3-8 Trainings and workshops
- Argentina Los Cerezos Suzanna Diaz, Sarita Flies loscerezosur@gmail.com
2017: July 21-30 retreat, workshops and trainings
- Afghanistan, Borderfree Afghan Peace Volunteers Dr. Hakim Young, MD borderfree@mail2world.com
2017: Feb 17-27 Oct 12-24 Workshops and trainings
- Guatemala Centro de Paz Barbara Ford Sr. Virginia Seering, SC vseering@gmail.com
2017 Workshops & Trainings: Jan 9-13 Mar 14-20 Aug 22-26 Nov 20-24
- 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 • Sally McClain • Carole Carrig IHM
Cleta Herold PBVM • Gladys Lanza • Spiro Radonich

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CAPACITAR
International

Healing ourselves, healing our world

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December, 2016

Dear Friends,

Greetings to you during this season of light transforming the darkness. This is a time when so many people are feeling deep anxiety, insecurity and stress as we daily witness global violence, natural disasters and national divisions. And at the same time it is so important to recommit ourselves to being persons of light and hope in the midst of all this darkness. As in the words of Honduran leader Gladys Lanza: "We are committed to a revolution of love and to a transformation of the heart and no violence can destroy that!" With your generous donations you can support Capacitar in this commitment to bring light and healing to our world. Your support will empower Capacitar to do the following:

- Outreach to the people of Haiti impacted by Hurricane Mathew through trauma healing training of Haitian teams
- 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 camps 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.

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



Honduran human rights defenders taking time for self-care



Juarez psychologists and HR defenders practicing Capacitar exercises