



Caring for Ourselves as We Care for Our World—Patricia Mathes Cane, PhD, Capacitar Founder/Director

One of the recent focuses of Capacitar outreach is self-care. We are committed to supporting people working in the midst of war, violence, disaster, poverty and human struggle. Requests for self-care workshops come from teachers, psychologists, social workers, medical professionals, human rights offices, families of the disappeared, women's groups, critical incident responders and caregivers. Invitations are from different cultures in many parts of the world: the US, Central America, Mexico, Asia, Europe, Africa and the Middle East. Ten years ago "self-care" in many places was considered to be selfish or egotistical. Now "self-care" is recognized as necessary for maintaining good health. With the heightened stress of our world, many people are dealing with burnout, compassion fatigue and different degrees of traumatic stress. The simple holistic energy practices taught by Capacitar empower people to stay centered and to live with peace and wellbeing in the midst of the chaos of our times.

This newsletter presents a collage of some of the people and places where Capacitar teams have worked this year. In 2014, we trained over 3,100 people in 20 countries. We initiated new trainings focused on healing gender violence, and responded to the needs of human rights activists and families of the disappeared working in areas impacted by political and drug cartel violence. We started new trainings in Korea, Japan, Central African Republic; and Chihuahua, Mexico. Our emergency kit and training materials were translated by Trommons volunteers (trommons.org) into Japanese, Korean, Dari, Indonesian, Haitian Creole, Albanian and Slovak. (See www.capacitar.org/emergency_kits.html for the free download of best practices in 19 languages.)

Capacitar believes that as we care for and heal ourselves, we bring greater wellbeing to our families and communities. In his *Wellness Workbook*, Dr. John Travis, MD, describes wellness as the integration of body, mind and spirit—the appreciation that everything we do, think, feel and believe has an impact on our state of health and the health of the larger world.. This coming year may we commit to bring healing to ourselves and to the human family.



Israel: Jewish & Arab women healing each other



Northern Ireland: Critical Incident Team



Guatemala: Mayan healers walking the labyrinth during a Capacitar retreat at the Barbara Ford Peace Center, Quiché

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 Outreach 2014



Argentina: 10th Anniversary Celebration of Capacitar in 6 provinces of Argentina



Chihuahua: Self-care training at CEDEHM for human rights leaders



Nogales, Mexico: Self-care workshop in Nogales for community leaders at HEPAC



Korea: Seoul workshop for healing gender violence



Juarez, Mexico: Advanced Training with human rights activists and community leaders



N.Wales: Self-care workshop for caregivers and leaders at Noddfa



Panama: Self-care training sponsored by UNFPA for activists working to heal gender violence in Veraguas



Scotland: Capacitar Training at University of Edinburgh Chaplaincy



Indonesia: Multicultural Wellness Training led by Joan Condon in Bali for participants from many Indonesian communities



Haiti: Bolosse training



Central African Republic



England: Capacitar London Training at Barat House, University of Roehampton



Ireland: Capacitar Tallaght women's support group



CAR: Children with disability



Tanzania: Healing workshop for Masai women



California: La Casa de Maria training, Santa Barbara



Texas: El Paso team leaders



California: RSCJ Oakhaven workshop for sisters and carers



DR Congo: Human rights activists



California: SoCal Network gathering, Los Angeles



Japan: Capacitar Japan team



Tanzania: Training for Muslim women



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Wendy Ostrow • Joan Condon • Pat Cane • Margaret Turk RSM

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Martha & Andrew Rebmann • Tom Condon • Paula Buckley PBVM • Imelda Carew PBVM

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, just select **Capacitar** from the list of charities. Amazon will donate a portion of the purchase price to Capacitar.

CAPACITAR Calendar—2015

2015

- Jan 6-7 Training, Hidalgo, Mexico
- Jan 9-11 Training 2 Office of Human Rights for Women, Chihuahua, Mexico
- Jan 10 Training Claremont Senior Services, Claremont CA
- Jan 14 Advanced Formation 2 El Paso, Texas • Jan 15-16 Training 2 Juarez, Mexico
- Jan 17-18 Training 2 El Paso, Texas • Jan 19 Advanced Formation 2 Juarez
- Jan 22-26 Training 2 Indonesia
- Jan 24 SoCal Network Gathering, Immanuel Presbyterian, Los Angeles CA
- Jan 31-Feb 1 Training 1 St. Anthony's Priory Durham, England
- Feb 6 Advanced Formation London, England
- Feb 7-8 Training 3 Barat House, University of Roehampton, London, England
- Feb 14-15 Training 3, University of Edinburgh Chaplaincy, Scotland
- Feb 16 Advanced Training 3 The Bield, Perth, Scotland
- Feb 20-21 Capacitar workshop, Sophia Center, Holy Names University, Oakland CA
- Feb 24-Mar 6 Peru trainings and workshops, San Juan de Lurigancho and Lima, Peru
- Mar 9-10 SF Bay Area Training 1, RSCJ Oakwood, Atherton CA
- Mar 13-15 Training 1 La Casa de Maria, Santa Barbara, CA
- Mar 20-22 Training 1, Consorcio de la Mujer, Oaxaca, Mexico
- Mar 25 Advanced Formation 3 El Paso, Texas • Mar 26-27 Training 3 Juarez, Mexico
- Mar 28-29 Training 3 El Paso, Texas • Mar 30 Advanced Formation 3 Juarez
- Apr 12 SoCal Network Gathering, Wellness Works, Glendale CA
- Apr 16-20 Training 3 Indonesia
- Apr 9-21 Workshops in Kabul, Afghanistan
- Apr 30-May 2 Israel Training 2, Northern Galilee
- May 9-10 Training 4, University of Edinburgh Chaplaincy, Scotland
- May 11 Advanced Training 4 The Bield, Perth, Scotland
- May 15 Advanced Formation, London • May 16-17 Training 3 Barat House, Univ. Roehampton
- May 23-24 Training 2 St. Anthony's Priory Durham, England
- May 29-31 Training 3 Office of Human Rights for Women, Chihuahua, Mexico
- June 3-14 Trainings and Workshops, Tokyo, Ishinomaki, Sendai, Japan
- Jun 20-21 Training 1, San Diego CA
- Jun 26-28 LCDM Training 2, Santa Barbara CA
- Jun 28 SoCal Network Gathering, La Casa de Maria, Santa Barbara CA
- Jun 29-30 SF Bay Area Training 2, RSCJ Oakwood, Atherton CA
- Jun 30-Jul 3 Trainings, Quiché, Guatemala
- Jul 22-30 Trainings, Center for Nonviolent Communication, Seoul, Korea
- Aug 19-26 Trainings in Panama
- Aug 28-30 LCDM Advanced Training, Santa Barbara CA
- Sep 4-6 Oaxaca Tr 2, Consorcio de la Mujer, Oaxaca • Sep 8-9, JASS Encuentro, Oaxaca MX
- Sep 11-13 LCDM Training 3, Santa Barbara CA
- Sep 12 SoCal Network Gathering, Immanuel Presbyterian, Los Angeles, CA
- Sep 16 Advanced Formation 4 El Paso, Texas • Sep 17-18 Training 4 Juarez, Mexico
- Sep 19-20 Training 4 El Paso, Texas • Sep 21 Advanced Formation 3 Juarez
- Sep 22-23 SF Bay Area Training 3, RSCJ Oakwood, Atherton CA
- Sep 26-27 Training 3 St. Anthony's Priory Durham, England
- Sep 30-Oct 1 Training Noddfa, Penmaenmawr, Northern Wales
- Oct 3-4 Scotland Training 1, Garden Cottage, Perth • Oct 5 Advanced Training The Bield, Perth
- Oct 7-8 Southern/Western Education & Library Boards, Northern Ireland
- Oct 9 Adv Formation, London • Oct 10-11 London Training 1, Univ. Roehampton, London, England
- Oct 24-25 Training 2, San Diego CA
- Oct 27-30 Trainings, Quiché, Guatemala
- Nov 4-15 Trainings and Workshops, Tokyo, Ishinomaki, Sendai, Japan
- Nov 19-21 Training 4, Israel Upper Galilee
- Dec 11-13 LCDM Training 4, Santa Barbara CA
- Dec 13 SoCal Network Holiday Gathering, La Casa de Maria, Santa Barbara CA

2015-2017 Trainings—Multicultural Wellness Education

- Santa Barbara, CA La Casa de Maria. 805-969-5031 registerb@lcdm.org CEUs
- 2016 Training: Mar 18-20 July 15-17 Sep 9-11 Dec 9-11
- San Diego CA/Tijuana/Tecate MX Monica Santos advancingstudentsforward@gmail.com
- 2015: Jun 20-21 Oct 24-25 2016: Jan 30-31 Apr 2-3
- Northern California: RSCJ Oakwood, Atherton CA pcreedon@rscj.org
- 2015 Training: Mar 9-10 Jun 29-30 Sep 22-23 Dec 8-9
- England: London Marj McDaid capacitarlondon@gmail.com
- Roehampton, London Training 2015 Oct 10-11 2016: Feb 20-21 May 21-22 Oct 8-9
- Perth, Scotland capacitarscotland@gmail.com The Bield and Garden Cottage
- Training 2015: Oct 3-4 2016: Feb 13-14 May 14-15 Oct 1-2
- Capacitar Middle East Network Lora Hillel loralih@gmail.com, Ronit Zur ronitzur123@gmail.com
- 2016 Training: Feb 25-27 May 26-28 Nov 17-19 2017: Feb 23-25
- Argentina, Los Cerezos: Trainings 2016: Aug 27-28 Sep 3-4



**CAPACITAR
International**

Healing ourselves, healing our world

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December, 2014

Dear Friends,

Greetings to you this winter season, a time of hope and light in the midst of the darkness. As we celebrate Solstice, Hanukkah, Christmas and Kwanza, we ask you to remember Capacitar and to support our efforts to bring light to many places. This has been a busy year for Capacitar teams and because of your generosity we have been able to offer trainings to over 3,000 people in 20 countries impacted by war, violence, disaster and poverty.

We already have a full calendar scheduled for 2015. As we respond to requests for workshops and trainings in places of need, 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, Asia and the Middle East
- Work with US/Mexico border communities and with refugee groups
- Trauma Healing & Leadership Trainings in Rwanda, Uganda, DR Congo, South Sudan, Kenya, East Timor & Indonesia
- Work with refugee communities and detention camps through Capacitar en la Frontera
- First workshops to groups in Afghanistan
- Trauma Healing Trainings for survivors of the earthquakes in Haiti and in Japan
- Workshops to heal gender violence in Mexico, Panama and other countries.
- Translation and development of teaching materials in different languages.

You are specially remembered in our Capacitar healing circles at the time of our trainings. 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.

In peace and solidarity,

Pat Cane

Capacitar International Founder/Director



Capacitar healing circle at Nano Nagle Centre, Ballygriffin, Ireland—October



Capacitar training for leaders in Indonesia—October