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/UCPNQDL9Ekuh3JlhHKkTrvQ.
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

**Argentina**: Neuquén community training in Patagonia

**Haiti**: Training for CRAD volunteers working with rural development

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

**Juarez, Mexico**: Training for human rights and community leaders

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

**McAllen, Texas**: Border workshop at Hope Family Center

**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
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 11-15 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
- Jun13-15 Training 1, Families of Disappeared, Human Rights Chihuahua, Mexico
- Jun 21-22 Training 4 Transfiguration Spirituality Center, Cincinnati, OH
- Jun27-29 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 5-7 Training 1 El Paso, Texas
- Sep 5 Advanced Formation 1 Juarez
- Sep 12-14 Training 3 La Casa de Maria, Cd. Juarez, Mexico
- Sep 27-28 Training 2, Edinburgh, Scotland
- Sep 29 Advanced Training 2, Perth, Scotland
- Oct 1-2 Training 3, Noida, Penmanmanwer, 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 10-20 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@cdm.org CEUs
- 2014 Training: Mar 21-23 Jun 27-29 Sep 12-14 Nov 7-9
- Capacitar en la Frontera El Paso/Juarez  capacitarfrontera@gmail.com
- England: London Margaret Wilson RSCJ, Mari McDaid capacitarengland@gmail.com
- Edinburgh, Scotland All Newell James Kirk Shirley Gillian capacitarScotland@gmail.com

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 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!
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