

Healing and Rebuilding Our Communities



Join Our Upcoming Workshop

HROC basic workshops offer participants the opportunity to learn about trauma, healing and reconciliation.

Participants will gain knowledge, self-awareness and tools to help themselves and others through the process of grieving, loss, and conflict transformation in order to build inner and outer peace. Originally developed by Africans in order to rebuild ravaged communities in Rwanda and Burundi, HROC focuses on transforming the traumatic effects of violence and war into an opportunity for building peace and trust, and ending the cycle of hatred and revenge.

HROC facilitators create safe, supportive groups that sustain peace building and lasting change.

This workshop is a Basic HROC workshop. In order to be trained as a HROC facilitator, participants must first experience a basic workshop. This is an opportunity to experience the first level of HROC training and therefore qualify for the intensive HROC facilitator training. See www.aqlifpt.org.

Facilitators

Adrien Nyangabo, from Bujumbura, Burundi, HROC developer
Bill Jacobsen, Amy Cox and Anne Swoyer

LOCATION: Stony Run Friends Meeting

DATES: May 31 through Saturday, June 2, 2012

TIMES: Thursday 5-9, Friday and Saturday, 9-5

REQUIREMENTS: Must be 16 years or older

COST: \$100. Scholarships available. Proceeds will benefit HROC in Burundi, Rwanda and peace work in Baltimore.

FOR MORE INFORMATION and REGISTRATION:

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HROC PHILOSOPHY

In every person there is something good.

Every person and every society has the innate capacity to heal from trauma.

Trauma affects both victim and perpetrator.

The sharing of inner goodness and wisdom builds the trust from which healing grows.

The healing of a country must also occur at the personal and community levels.

Trauma recovery and peace building efforts must happen simultaneously.