

OCTOBER

20

**KAKOU
LET'S WORK
IT OUT!
WORKSHOP
SERIES**

FREE WORKSHOP



DEALING WITH ANGER

Steps to Understanding & Transformation

Friday, October 20, 2017 from 5:00 ^{pm} to 7:00 ^{pm}

UH-Hilo Campus Center Room 301

**Workshop Presenter: Mala'e Erikson
Nonviolent Communication
(Compassionate Communication) teacher and practitioner**

"You can transform anger from blaming others to connecting with what is important to you," says Mala'e. "Although it can be one of the most painful emotions, anger serves an important purpose, and we can use it to serve life." In this interactive workshop, we will explore the steps to understanding and expressing anger nonviolently, so no one gets hurt.

[Register online here](#) or contact Ku'ikahi Mediation Center Program Coordinator Al-Qawi Majidah at (808) 935-7844 x 3 or majidah@hawaiiemediation.org.

Pupus will be provided. Campus parking is free after 4:00 ^{pm}.



Ku'ikahi Mediation Center
Finding Solutions, Growing Peace

Rotary



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of HAWAII'
HILO**