

Non - Violent Training Program - Presented by Eileen Flanagan Sponsored by Wellesley Friends Meeting

When: Sept. 26th - Saturday

Where: Wellesley Friends Meeting, 26 Benvenue St, Wellesley, MA

Time: 10:00 am to 1:00 pm followed by lunch

Space is Limited. Pay as led day of event- Suggested Amount: \$30

Register to Attend - Email - Events@wellesleyfriendsmeeting.org

- Respond with your *full name and email address*. Thank you.

Staying Grounded & Nonviolent in Frightening Times



"We are living in a time of fear, chaos, and division. Fortunately, there are things we can do to keep ourselves and others grounded and effective, even in scary or chaotic situations.

Whether you are working at the polls on election day, showing up to protest ICE, or joining large marches, this experiential training will strengthen your skills and confidence, while building community for these challenging times." *Eileen Flanagan*

Eileen on right during a de-escalation training before the 2024 election. Photo Rachael Warriner.

Come learn how to:

- **Become more attentive to what is going on within you and around you.**
- **Be clear about action roles to reduce confusion.**
- **Keep yourself spiritually grounded when the unexpected happens.**
- **Assess complex situations and make decisions to maximize group safety.**

EILEEN FLANAGAN has over thirty years of experience leading workshops and trainings. Mentored by George Lakey, she has served as clerk and Campaign Director of Earth Quaker Action Team, where she honed skills in nonviolent direct action. With Choose Democracy's Daniel Hunter, she helped craft materials now being used by tens of thousands of activists nationally. Her most recent book, [*Common Ground: How the Crisis of the Earth is Saving Us from Our Illusion of Separation*](#), includes change-making lessons from the climate movement. A first-generation college student, she earned a BA from Duke and an MA from Yale. A convinced Friend, she holds a minute of religious service endorsed by Philadelphia Yearly Meeting.