

Building a Culture of Peace in the GTA

Health and self-reflective workshops

1) I Am a Peace-Builder – A Self-Reflective Workshop: Uses a 'Peace Puzzle' as a tool to reflect on peacebuilding.

Facilitator: Um'Khonde Patrick Habamenshi. Patrick is currently Education and Training Coordinator for InterChange. Um'Khonde Patrick Habamenshi is a Rwanda-born Public Speaker, Life Coach and Consultant based in Toronto.

2) Health & Happiness Workshop: Powerful techniques to stress and improve clarity of thought.

Facilitators: The Art of Living Teachers of the Art of Living Foundation. These teachers are volunteers and their teaching is born out of a passion for transforming the society.

3) Sri Sri Yoga Workshop: Yoga essentials- breathing techniques, stretching and postures, meditation and relaxation. Facilitators: The Art of Living Teachers from the Art of Living Foundation.

4) The Mask and The Shield – A Self-Reflective Workshop: Designed to help individuals learn to be pro-active and optimistic in peacebuilding work. Facilitator: Um'Khonde Patrick Habamenshi

5) Trauma Healing: A customizable single workshop of 2 ½ hrs. or a day-long workshop or a whole weekend (or Friday evening, all-day Saturday). Exploring types of trauma, trauma release exercises & collective mourning.

Facilitator: Anne Goodman. Anne is a professor at OISE in the Adult Education and Community Development programme and President of InterChange.



The Art of Living
Teachers



Anne Goodman



Patrick Habamenshi

To bring these workshops in your community, send us an email at community@interchange4peace.org!