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## **Heart to Heart Resumes Nonviolent Communication Classes in Prisons**

**Maurice River, NJ:** Heart to Heart is pleased to announce that their Nonviolent Communication classes have resumed in Bayside Prison and other correctional facilities for the first time since the Coronavirus outbreak in 2020. Heart to Heart's classes support incarcerated individuals in their transition to freedom with extensive training in Nonviolent Communication.

Terrie Lewine, a Nonviolent Communication trainer affiliated with Heart to Heart, describes Nonviolent Communication training as, "help[ing] learners communicate more effectively, build trust, and engage in satisfying relationships with their communities." For those currently enrolled in Heart to Heart's program, Nonviolent Communication can make a marked and lasting difference in day-to-day life. River Dunavin, the program facilitator at Bayside Prison, describes participants as developing better conflict resolution, understanding in others, and compassion for themselves.

In addition to inspiring community leadership, communication skills, and healing, Heart to Heart's program has been shown to significantly decrease the rates of recidivism in learners compared to national recidivism rates.

For more information on Heart to Heart's work in prisons, please visit [www.heart2heartinc.org/correction-facilites](http://www.heart2heartinc.org/correction-facilites).

**About Heart to Heart:** Heart to Heart empowers individuals to live fruitful lives using Dr. Marshall Rosenberg's Nonviolent Communication as a key framework. Trainers lead various Nonviolent Communication workshops and classes designed for families, communities, and incarcerated people.

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