



Words that work for talk that matters

Conversations on the Couch: Grief



Marg (right) and Rachel Pontin Mother and daughter team Marg and Rachel have been living and learning NVC for over 20 years. Marg is a CNVC Trainer and Rachel is training to become a Certified Trainer. Between them they have worked with schools, organisations and community groups to share empathy, conflict resolution, relationship and communication skills.



Do you feel heartbroken for the world?

Are you longing to be really seen for who you are?

Are you feeling overwhelmed, isolated or worn down?

Marg and Rachel invite the community to join us in a relaxed discussion of NVC and grief, with cake. We are feeling moved to offer informal empathy after recent losses, to sit down with you and be real together. We're not counsellors but we can hold space and sit in empathy.

Come have a cuppa and a chat about nonviolent communication, the gates of grief, how we can hold ourselves in uncertain times and why grief is a social emotion. Let's hold a little moment of rest from the relentless world and flow where the group takes us.

Understanding NVC would be helpful but this event is open to anyone who would like a taste of empathy and human connection.

We're holding TWO of these events in August. One in person at Torbay, WA and one online. So you can attend wherever you are. Zoom link or physical address will be emailed to you when you register.

TORBAY In Person

WHERE: Torbay, WA

COST: \$30

WHEN: 2-4pm Sunday 16th August

BOOK: <https://events.humanitix.com/couch-torb-aug-2026>

ONLINE

COST: \$25

WHEN: 2-3pm Sunday 23rd August

BOOK: <https://events.humanitix.com/couch-online-aug-2026>

**MORE
INFO:**

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www.talkyourpeace.com.au