



Capacitar Manuals & DVDs

Trauma Healing & Transformation Cost per book with postage & handling \$25
Capacitar's Trauma Healing manual (300 pages) offers a wide variety of practices for grassroots, professionals and all desiring to heal traumatic stress. The book contains pictures, personal experiences, theories, suggestions for leaders, resources. **English or Spanish.**

Living in Wellness: A Capacitar Trauma Manual Cost per book with postage & handling \$20
This manual (80 pages) gives simple wellness practices to help people live with wellbeing as they deal with trauma and compassion fatigue. Practices can be used by individuals and professionals for self care or with groups. **English or French.**

Living in Wellness: A Capacitar AIDS Manual Cost per book with postage & handling \$20
This manual (50 pages) gives simple wellness practices to help people live with wellbeing as they deal with HIV/AIDS. Practices can be used by caregivers and family members for self care and by those with HIV/AIDS. **English.**

Living in Wellness: A Capacitar CANCER Manual Cost per book with postage & handling \$20
This manual (55 pages) gives simple wellness practices to help people live with wellbeing as they deal with Cancer. Practices can be used by caregivers and family members for self care and by those with cancer. **English or Spanish.**

Capacitar for Kids Cost per book with postage & handling \$25
This manual (120 pages) offers a series of practices and tools to be used in the classroom, in daily life and in the home. Practices can be used in the school curriculum, with parents and community groups. **English.**

DVD: Capacitar Practices Cost per DVD with postage & handling \$25
This DVD, produced in South Africa, contains all the basic practices demonstrated by founder Pat Cane. **English**

DVD: Capacitar for Kids Cost per DVD with postage & handling \$25
This DVD, produced in Cincinnati, contains a program overview, along with 3 basic practices demonstrated by students and teachers.

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