



Capacitar Manuals

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, methods of presentation, lists of resources and bibliographies. English or Spanish.

The Capacitar Manual Cost per book with postage & handling \$20

The Capacitar basic manual (150 pages) gives simple wellness practices for use by individuals or with groups and is illustrated with photos of Capacitar participants from the US and Latin America. 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.

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.

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.

Alamen Capacitar: Haitian Creole Manual Cost per book with postage & handling \$20

This manual (50 pages) in Haitian Creole contains the basic Capacitar practices with photos of Haitian people. Creole

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