

CARE TO CONNECT

Tips & Tools for Authentic Communication



FEBRUARY 2021

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FROM THE DESK OF

Rebecca Buell, Our Community Listens Executive Director

Along with colder weather, Valentine's, and a whole new reason to buy candy, February brings with it another opportunity for celebration with Our Community Listens. After a decade of making a lasting impact through our three-day class on empathetic listening, this month we transition to our new name, "Chapman Foundation for Caring Communities." See the [spotlight article](#) below for more details and how we're keeping the Our Community Listens name as part of our expanding family of offerings.

And, speaking of Heart-Day, be sure to check below for ways to better connect with the people you love most in your life. Whether a partner or a child, our team has [upcoming series](#) to help you get the most out of the times you are together.

Sharing alongside you,
Rebecca

What's New?

Webinars:

"How to Be A Better Listener"

- [February 9, 10:30am-noon CT](#)

Parenting Roundtable:

- [February 25, 11am-12:30pm CT](#)

Connect Sessions:

- [February 18, 10:30am-Noon CT](#)
- [February 23, 5:30pm-7pm CT](#)

[Click here for up-to-date class offerings](#)

Podcast:

["Judging Our Partner, and the Impact"](#)

February is Black History Month

We will present a tribute on social media each week during February to highlight wisdom from influential black voices. To get us started, a quote from former President, Barak Obama:

"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek."

TOOLS FOR COMMUNITY

For the areas where we work, serve or interact

WEBINAR: “How to Be a Better Listener”

Perfect for those who have not yet attended our Communication Skills Training, this one-hour class is a primer on empathetic listening.

- [February 9, 10:30 am-Noon CT](#)

EFFECTIVE CONFRONTATION SERIES:

We are wrapping up the final webinar in our confrontation series in February and will be offering new, intensive Learning Labs in March that allow you to practice your new skills to help manage conflict as it arises. These Learning Labs will be limited to 15 people and will cost \$20 per session. [Learn more about our sessions in February and March here.](#)

CONNECT SESSION:

Connect with others as we learn about utilizing communication skills and concepts in every day, real life moments. Sessions are interactive with information and conversation that can be applied immediately. The participants help shape the discussion based on the needs expressed by the group.

Choose ONE of the following times:

- [February 18, 10:30am-noon CT](#)
- [February 23, 5:30-7pm CT](#)

TOOLS FOR HOME

Resources for parenting, education, family & committed relationships

NEW! PARENTING ROUNDTABLE

In this new parenting roundtable, you'll study the role of logic and emotion in children and come away with strategies to help when they feel overwhelmed. Offered at no cost, this training consists of two short instructional videos and a 90-minute live discussion.

New date added!

- [February 25, 11 am-12:30 pm CT](#)

COMING SOON! DATE NIGHT SERIES

Just in time for Valentine's Day gifting, we will be offering a new 4-part series designed to help partners better understand each other's communication styles. The series consists of 4, 90-minute sessions over 4 weeks and includes a personalized DISC assessment. Cost is \$50 per couple.

- [Wednesdays in March](#)
- [Saturdays in March](#)

SPOTLIGHT ON: New Name, Same Great Offerings!

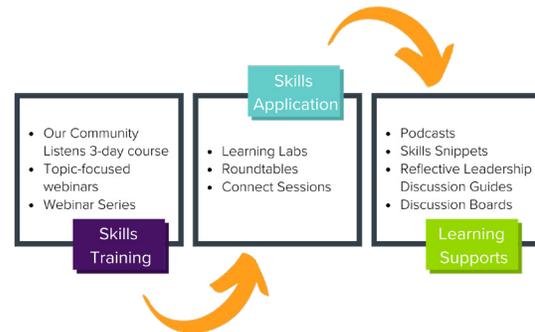
We have some exciting news! Coming in the next few weeks, our organization will formally change its name to **Chapman Foundation for Caring Communities (CFCC)**.

Watch this short video to learn about the change:



Since 2010, Our Community Listens has been the name of the non-profit founded by Bob and Cynthia Chapman. In 10 years, we have trained more than 11,000 individuals to connect authentically through empathetic listening.

We are expanding on this success by growing and adapting to meet individuals where they are. We will continue to offer our core class “Our Community Listens,” as well as build on these teachings to form a continuum of learning in a variety of formats -- from in-person, to interactive webinars, to 5-minute videos – all designed to deepen the impact of our training.



And beyond our class offerings, we will continue our growth with partners who share our mission, seeking opportunities for collective impact that allow compassion to permeate throughout the community. These partnerships will allow us to broaden our reach so that more people can benefit from the training we began all those years ago.

MOVING FORWARD:

So, what's changing?

- A new website: We will soon launch a rebranded and streamlined website.
- A redesigned newsletter: This newsletter will change to reflect our rebranding, but we will still offer details on upcoming classes and the spotlights on new initiatives you've come to expect.

What's not changing?

- The commitment to offering learning experiences that strengthen relationships and build stronger communities.
- We are keeping the name **Our Community Listens**, as it will become the name of our 3-day, transformational core class.

We will update you once this new site goes live. We are so happy to bring you along on this journey!

ICYMI ON SOCIAL MEDIA



Do you have a Social Media post you’d like to share with us? Just tag @OurCommunityListens and include #CareToConnect and we’ll find it!

MISSING A LOCAL CONNECTION?

Don’t worry, you can find all your local OCL information through our chapter FB groups. If you’re not already a member, click on the link below and ask for permission to join:

- [Greater St. Louis FB Group](#)
- [Michigan FB Group](#)
- [South Carolina FB Group](#)
- [Wisconsin FB Group](#)
- [Colorado FB Group](#)

