



Community Health - Restoring Through Relationships (RTR)

With each positive personal relationship we build, we become healthier, happier, and better able to deal with the many stresses of life.

At Pacem in Terris, we work together with our neighbors to restore and build community one relationship at a time. Our mission is to create connections that foster peace within ourselves and our communities.

The RTR program is designed to empower individuals with lived experience of systemic injustice and community conflict to become leaders in nonviolent conflict resolution. Participants will strengthen their personal and community relationships, build their communication, problem solving, and leadership skills, and help others to do the same.

Upon completion, the cohort will work collectively to recruit more local leaders, expanding relationships exponentially throughout our community.

The long term goal is to establish a network of individuals that neighbors can call on when conflict arises rather than involving the police.

What will you get out of this program? Participants will:

- **Connect with peers and strengthen your personal relationships**
- **Learn how to manage conflict in your own life**
- **Learn how to help others manage conflict**
- **Understand what it means to act as a nonviolent resource for your community**
- **Be paid for your time**
 - **\$27/hour for all training and activities**
 - **An average of 20 hours of training per month, for 3 months**

What will I do after I finish this training?

- **Act as a resource to help strengthen your community**
- **Continue to have opportunities to work with Pacem in Terris**
- **Offer opportunities to your neighbors, building a strong network**

How do I sign up?

- **Fill out this [Google Form](#)**
- **Call us at (302) 656-2721**
- **Email us at info@depaceminterris.org**
- **Stop by to see us in the office Monday-Thursday, 10am-1pm**

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