

Butting heads a little? ...Try another way this weekend.

The **Alternative to Violence Project (AVP)** helps you learn better ways to... communicate, resolve conflicts, and be a more positive influence at home, work, and in your community.

We understand that conflict is a normal part of life but believe that violence—whether verbal, physical, emotional, or spiritual—doesn't need to be.

AVP's intensive, 20-hour experiential workshops develop participants' conflict resolution and community leadership skills. The workshops are not lectures, they are safe environments where we learn to develop key abilities to:

- see past differences and find common ground
- listen in order to foster mutual understanding
- build community & have fun
- role-play real-life conflicts (and resolutions)
- practice thinking out of the box

Studies suggest that AVP workshops help reduce violent behaviors even among prisoners.

Testimonials from community members, prisoners, and wardens show that AVP empowers people to lead more peaceful lives.



Workshops are led by AVP-trained volunteer facilitators who are currently facilitating workshops in communities and institutions around California. **Become an AVP volunteer facilitator** and share these skills with the community and at-risk populations. Volunteer at your own pace and schedule.

When: April 18th and 25th (2 consecutive Saturdays)
Saturday, April 18th, 8:30AM-6PM, lunch provided
Saturday, April 25th, 8:30AM-6PM, lunch provided

Where: St. Mary's Center, 925 Brockhurst St., Oakland
(On San Pablo Ave., between 32nd and 33rd Sts.)

Suggested Donation: \$25-\$100 sliding scale.

Full scholarships available (please ask us). Fee includes lunches, snacks, beverages, materials, and training.

What past participants said:

"interaction with diverse and interesting group members"

"study of my 'buttons' and ways to deactivate them"

"increased willingness to listen and not pre-judge a person"

For reservations & information: Call Katherine at **(510) 684-9671** or email avpkatherine@gmail.com

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TO REGISTER: Tear off and mail to AVP-CA, PO Box 9333, Berkeley, CA 94709

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Please sign me up for the AVP basic workshop in Oakland, April 18 and 25, 2009.

Name _____ Phone _____ Email _____

Address _____ City/State/Zip _____

Occupation _____ How you found us? _____

Check made out to AVP for \$ _____ or _____ I need a scholarship.

More information:

—The Alternative to Violence Project (AVP) consists of volunteers of diverse national origins, races, and religious affiliations and was established in 1975 by prisoners in New York's Greenhaven prison and a local Quaker group to help at-risk youth develop their capacities for communication, conflict-resolution, and community leadership. AVP remains an all-volunteer organization with local chapters in nearly all 50 states, in nearly 40 countries around the world.

—In 2008 across California, 2,251 participants in prisons and communities graduated from 151 AVP workshops organized by teams of volunteer AVP facilitators.

—AVP workshops are open to whoever wishes to attend and participation is completely voluntary.

—Workshops are experiences, not classes or psychotherapy. Personal sharing, respect for others and self, and community building are encouraged. But please don't plan to take notes or exams.

—AVP welcomes participants who wish to become conflict resolution facilitators themselves. The founders of AVP aimed to empower participants to become positive role models in their communities. After completing the basic workshop, participants are encouraged to take more advanced workshops that focus on underlying causes of conflict such as fear, anger, power and powerlessness, "old history," and behavior. Finally, participants who wish to become facilitators may take 3 workshops to apprentice on facilitation teams. Please inquire for more information.