



Alternatives to Violence Project

(AVP) Basic Workshop

An AVP workshop develops effective ways to deal with conflicts creatively and explores a variety of nonviolent solutions possible in almost every situation.

Participants will:

- ◆ **Realize** their own power to transform conflicts and create solutions
- ◆ **Learn** nonviolent communication skills and tools
- ◆ **Enrich** family and community relationships
- ◆ **Practice** living peace and justice

*“There is magic in the process.
It can't be fully explained. It is
something that needs to be
experienced”.*
- Judy (20+ year AVP facilitator)

Cost: \$50

\$10 Returning Citizens

No one is turned away for
lack of funds

Space is limited

Join us for our 3-day workshop

When:

Friday January 20th
6PM to 9PM
and

Sat/Sun Jan 21-22

9am– 5pm

Where:

Kaiser Permanente South Sac
6600 Bruceville Road
MOB 3, Conference Room F

To Register:

Contact Ellen Eggers
elleneggarsesq@gmail.com

The Alternatives to Violence Project (AVP) began in 1975 in the New York State prison system by a group of inmates at Green Haven Prison. It has since spread to over 40 states and 20 countries on six continents, including areas torn by civil war and genocide. Thousands of workshops take place in U.S. prisons every year, co-led by inmate facilitators and facilitators from outside the prison. Workshops are also provided in a wide variety of non-prison community settings.