August 18-20, 2017 (Friday evening to Sunday afternoon)

Alternatives to Violence Project
Basic Workshop

with O, John Meyer, and Laurent Hahn

The Alternatives to Violence Project (AVP) enables participants to deal with potentially violent situations in new and creative ways. Workshops are facilitated by certified facilitators and are fully experiential. All AVP workshops draw on the shared experience of participants, using interactive exercises, discussions, games and role-plays to examine the ways we respond to situations where injustice, prejudice, frustration and anger can lead to violent behavior. The Basic Workshop explores the five pillars of AVP: affirmation, communication, cooperation, community building, and transforming power.

An AVP workshop can help you to:

- manage strong feelings such as anger and fear
- deal more effectively with risk and threatening situations
- build good relationships with other people
- communicate constructively in difficult situations
- recognize the conflict management skills you already have
- be true to yourself while respecting other people
- understand why conflict happens
- approach conflict in a more creative and less reactive manner
- consider your own relationship to systems of violence.

Visit www.pendlehill.org for more information

Pendle Hill
A Quaker Study, Retreat, and Conference Center