



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

Alternatives to Violence Project Basic Workshop

with .O, John Meyer, and Laurent Hahn

Registration

Visit www.pendlehill.org,
or call Ext. 137 at 610-566 4507
or 800-742-3150 (toll-free in US)

Accommodations

Private room \$ 395
Shared room \$ 355
Commute \$ 235

Fee covers food, lodging, and program

Travel

Pendle Hill is just fifteen minutes from
Philadelphia International Airport, and thirty
minutes outside the city.
The campus is near the Wallingford train station.
Take the SEPTA Media/Elwyn line from
Philadelphia and call for a pick-up.

**Visit www.pendlehill.org
for more information**

338 Plush Mill Road
Wallingford, Pennsylvania
Ext. 137, 610-566-4507
www.pendlehill.org

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.



Pendle Hill

A Quaker Study, Retreat, and Conference Center