Alternatives to Violence Project

Weekend workshops 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. Facilitated by certified facilitators, workshops 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.

AVP Advanced Workshop - SEPTEMBER 7-9, 2018

The Advanced AVP workshop focuses on the underlying causes of violence, both in ourselves and in the world we live in. It is designed to give participants opportunities to rebuild community, review in depth the concept of Transforming Power and proceed to set individual and group goals for the focus of the remainder of the workshop. (Prerequisite: Completion of Basic Workshop)

AVP Basic Workshop - JANUARY 18-20, 2019

The Basic Workshop explores the five pillars of AVP: affirmation, communication, cooperation, community building, and transforming power.

Training for Facilitators - APRIL 5-7, 2019

For those who have completed the Basic and Advanced workshops, this workshop focuses on developing team building, leadership methods, and group process skills. You will work in a small group, actually functioning as a facilitator. You will receive guidance and practice in facilitating all parts of a Basic Workshop.

ALL WORKSHOPS BEGIN FRIDAY EVENING, END LATE SUNDAY AFTERNOON.