

Solving conflict . . . peacefully!

Alternatives to Violence Project (AVP)

<u>Take the Conflict Quiz</u>	Do you:	Yes	No
have trouble with anger?		?	?
hold grudges?		?	?
avoid people because of unresolved conflicts?		?	?
feel frustrated when people disagree with you?		?	?
find it difficult to say no?		?	?
want to handle conflict more productively?		?	?
want to be a peacemaker in your daily life?		?	?

Many people find it difficult to deal with conflict. If you answered "yes" to two or more questions, an Alternatives to Violence Project (AVP) workshop may be helpful.

Central beliefs of AVP

- there is good in everyone
- conflict does not need to move into violence and harm
- conflict can become a tool for both personal and social change
- we all have the *potential* for resolving conflicts peacefully and can learn skills to help us

HOURS Friday evening (5:30-9:00 pm); Saturday (8:00 am – 6:00 pm); Sunday (10:00 am - 6:00 pm). Please bring brown-bag lunch for full days. Successful workshops depend on the sense of community created among participants. Absences and tardiness affect everyone, so we do ask that you **make a commitment to the full time period.**

COST Workshops cost is \$20. Scholarships are available. This fee covers workshop expenses and also supports AVP nonviolence workshops in Nevada State prisons.

WHY AVP?

"This workshop has helped me identify with other people's situations, no matter what culture we are. I have learned that we can get along."

"I have learned to be more patient, to listen to others more attentively."

"You have to learn how to resolve conflict. If you don't, you will wind up in jail or dead and you don't want to be dead." (6th-grade student)

"Now I *know* there are alternatives!"

WHAT is AVP?

- an experiential program with creative and fun exercises
- reminds us of our common humanity
- helps us better understand how to resolve conflict situations in a more positive, productive manner
- helps us deal with people who get angry
- helps us turn our conflicts into opportunities for growth
- a series of three workshops:
 - Level I** a basic introduction to the philosophy and skills of nonviolent conflict resolution;
 - Level II** (must have taken Level I) explores the concepts in greater depth on a theme chosen by participants;
 - Level III** prepares those who, after taking Levels I and II, wish to become AVP facilitators

Workshop Registration Please sign me up for AVP in August!

Checks should be payable to AVP Nevada and sent to Rita Sloan, 5340 Wildwood Drive, Reno NV 89511. Questions? Contact Rita at 849-1653 (rwrksloan@hotmail.com).

? **Level I -- Aug. 1-3, 2008**

Workshop location: Friday at the Unitarian Fellowship, 780 Del Monte Lane, Reno. Saturday & Sunday at IGT Training Center (north end of IGT headquarters at the corner of Double R Blvd. and Prototype Drive).

Name (please print) _____

Address _____ City _____ Zip _____

Phone (s) _____ E-mail address _____