

## AVP — HOW IT BEGAN:

Alternatives to Violence Project began in 1975. A group of inmates at Green Haven Prison in New York were working with gangs and at-risk youth, and they had difficulty communicating their message about the consequences of violence. They asked the Quakers for help in creating and conducting a workshop for them.

The workshop was so successful that they received requests for more workshops. AVP was born and grew rapidly, resulting in hundreds of workshops in 44 states and 24 countries. Soon it became evident that the program designed for inmates incarcerated in prisons would be also useful in the free community. People in the outside communities began seeking AVP training. Workshops for the general public are offered in schools, churches, and a variety of community groups, including youth agencies, women's shelters, and other agencies.

It is an experiential program that helps people to change their lives.

It is a community program that can result in a new sense of cohesion and teamwork for community groups, social service agencies, youth organization, and all who would like to participate.

It is an institutional program, helping incarcerated persons to learn new skills and attitudes so that they can live satisfying lives, free of crime.

It is a program for everyone. Although it was begun by Quakers, based in their belief that there is an innate energy of peace and goodness within each individual, AVP participants and facilitators come from all religions, races, and ways of life.

It is an experience of intense learning, with each workshop entailing 20-22 hours. We work with agencies and groups to find a schedule that meets your needs.

There are two workshops (called 'Basic' and 'Advanced' or level 20. People who wish to become facilitators take these two workshops and then a specialized training to become an apprentice facilitator.

## THE AVP MISSION

The Alternatives to Violence Project is a multicultural organization of volunteers dedicated to the reduction of interpersonal violence in our society.

AVP workshops present conflict resolution skills that can help individuals construct positive interpersonal relationships, to know themselves better, and to learn new and positive ways of living.

AVP offers experiential workshops which empower participants to live lives without violence through affirmation, respect for others, building community, cooperation, and trust. AVP workshops are offered in prison and in the community. We also offer workshops which specifically focus on the needs of youth.

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[WWW.AVP-CALIFORNIA.ORG](http://WWW.AVP-CALIFORNIA.ORG)

[WWW.AVPUSA.ORG](http://WWW.AVPUSA.ORG)

[WWW.AVPINTERNATIONAL.ORG](http://WWW.AVPINTERNATIONAL.ORG)

# Cultivating A Spirit of Peace



*Conflict is part of daily life ...  
but violence doesn't need to be.*

*Learn new ways of reducing conflict:*

- With your family**
- In your neighborhood or school**
- In your work life**
- In your world**

***North Bay Council  
Alternatives to Violence Project***