



# Alternatives to Violence Project

Level 1 Workshop

## *Transforming Ourselves & Communities*

Friday ~Saturday 8:45am-5pm~ Sept 29 & 30

5 Longfellow Park, Cambridge, MA

The Alternatives to Violence Project began in 1975. An inmate group at Green Haven Prison in New York. They sought assistance from local Quakers to reduce inmate violence, and from the partnership of inmates and Quakers, AVP was born. AVP is in demand in schools, prisons and youth groups. AVP conducts programs in 35 US states and over 45 countries. AVP has shaped the Reconciliation process in South Africa and in Rwanda. How can we emerge, like a butterfly metaphorizing, from the cycle of emotional and structural violence?

### **You will learn:**

To speak honestly without attacking,  
Support for taking Risks,  
Practice Resolving Daily Conflicts.



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**Register** by 9/24/17 [johnmbach@yahoo.com](mailto:johnmbach@yahoo.com) Sponsored by Cambridge Friends  
**Organizers~** John Bach, Chris Jorgenson Minga Claggett-Borne  
**Suggested donation** \$20. Pay more or less as you are able. Food provided.