

WHAT IS THE AVP PROGRAM?

AVP is an experiential program, helping people change their lives...

It is a community program, offering a new approach for community groups, social service agencies, youth organizations and all who would like to participate.

It is a prison program, helping inmates learn new skills and attitudes that lead to fulfilling and crime-free lives.

It is a program for everyone. Though founded in 1975 by inmates and Quakers in New York State, it draws its participants and its trainers from all religions, races and walks of life.

It is an intensive learning experience, offering two or three-day workshops on three levels:

- The Basic workshop
- The Advanced workshop
- The Training for Trainers Workshop

AVP BASIC WORKSHOPS

The Basic AVP Workshop concentrates on primary conflict resolution skills. Step-by-step experiences and exercises focus on:

Affirmation - Building self-esteem and trust.

Communication - Improving both listening skills and assertive methods of expression.

Cooperation - Developing cooperative attitudes that avoid competitive conflicts.

Creative Conflict Resolution - Getting in touch with the inner "Transforming Power" to resolve violence.

By role playing, participants learn new and creative ways to respond to conflict situations.

AVP workshops seek to assist individuals in personal growth and change. AVP is not psychotherapy.

Each workshop is limited to 20 participants.

AVP ADVANCED WORKSHOPS

Advanced workshops allow a deeper look at aspects of violence such as stereotyping, power, fear and anger. They may also focus on related topics such as AIDS, gender issues and forgiveness. They build upon our collective experience in communication, cooperation and problem solving.

Fear - Reveals the hidden fears that usually underlie anger, jealousy and prejudice.

Anger - Results in a deeper understanding of the personal situations that trigger anger.

Communication - Develops the skills and the ability to communicate in tense and stressful situations.

Stereotyping - Builds awareness of stereotyping, bias and prejudice in personal relations.

Power and Powerlessness - Helps individuals understand power structures and get in touch with their inner power.

Forgiveness - Builds the groundwork for true reconciliation and freedom from guilt.

AIDS - Results in understanding and acceptance for people who are HIV+.

Advanced workshops are frequently designed to meet the needs of a specific group.

AVP TRAINING FOR TRAINERS

The Training for Trainers workshop focuses on team building and leadership skills, including:

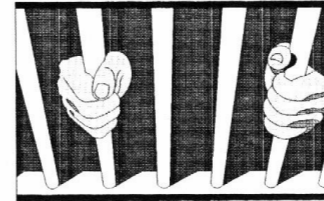
Group Process Skills - Introduces leadership styles, planning for experiential learning and processing of exercises.

Team Leadership Methods - Focuses on developing a team contract and cooperative leadership styles.

Hands on Experience - Offers practice in planning, presenting, processing and evaluating workshop sessions.

HOW AVP BEGAN

The Alternatives to Violence Project began in 1975. An inmate group at Green Haven Prison in Dutchess County, New York, was engaged in work with youth gangs and teenagers at risk. They sought assistance from the Quaker Project on Community Conflict, and from that original partnership of inmates and Quakers, AVP was born.



The original workshop was so successful that requests were soon received for more. The first AVP organization was born and grew quickly. AVP currently conducts workshops in over 40 states as well as in over 20 countries outside the USA.

As AVP developed it became evident that the program designed for prison inmates could be useful to everyone. Community people began to seek the AVP Training, and workshops are now offered extensively in schools and in communities.



HOW AVP GROWS AND HOW YOU CAN START A LOCAL GROUP IN YOUR COMMUNITY:



1. Contact AVP/USA, Inc.

The group wishing to start an AVP program should initiate and maintain contact with AVP/USA Inc. Materials and trainers are available to give you support as you get started so that you need not reinvent the wheel of a successful AVP program.

2. Collect Background Materials

Familiarize yourself and your group with materials that explain the program. These include explanatory brochures, training manuals, our bylaws and policy statement. You might also hold an information night with a speaker from AVP/USA or a nearby group.

3. Plan a Basic Workshop in the Community

When a group of interested individuals is ready, plan to hold a Basic Workshop. There should be a minimum of 10, maximum of 20 participants for any workshop. AVP/USA has an excellent Organizing Kit and will help you find a mentor AVP group to work on this and the next steps.

4. Develop an Organizing Plan

Depending on the number of interested people and their level of commitment, it may be desirable to plan for additional workshops following soon after the Basic. Your mentor will assist you in planning your group's growth, offering support until you have sufficient volunteers and experience to continue on your own.

HOW CAN I GET INVOLVED?

Continuing involvement with AVP is possible in many ways. This may include participating in workshops, becoming a workshop leader, forming a local AVP group in your community, or supporting the AVP program in prison or community settings.

Please send me information about AVP workshops in my area.

- I would like to become a workshop facilitator..
- I'm interested in an AVP presentation for my group or organization.
- I would like AVP to conduct a workshop for my group.
- I would like to aid the growth of this vital program with a tax deductible contribution.
(make checks payable to AVP/USA, Inc.)
- Other: _____

Name: _____
Street: _____
City: _____
State: _____ ZIP: _____
Phone:(H) _____ (W) _____
e-mail: _____

Please detach and mail to:

AVP/USA, Inc.
1050 Selby Ave.
St. Paul, MN 55104
1-877-926-8287 *** avp@avpusa.org
Visit us at: <http://avpusa.org>

Or contact the Local Group in your Area:

THE AVP VISION

Today, we live in a violent society. The homicide rate in the United States is twice that of many developed countries, including Great Britain and the Republic of Ireland. Violence in the home, physical and mental, directed against both spouse and child is rampant. Violence knows no class, racial, economic or geographical boundaries; it exists everywhere -- but the citizens of Northern Ireland stand a lower chance of being murdered than those of the United States. Nor can Americans take pride or comfort in the fact that this land now leads the world in prison population per capita. Prisons, viewed as a way to protect society from violence, in turn spawn violence of their own.

AVP is working toward creating a nonviolent society. Our goal is to reduce the level of violence by introducing people to ways of resolving conflict that reduce their need to resort to violence as the solution. Our process uses the life experience of participants as a learning resource, drawing on that experience to deal constructively with the violence in themselves and in their lives. We do our training where violence is found: in our prisons, in our schools and in our communities.

THE AVP MISSION

The Mission of the Alternatives to Violence Project is to empower people to lead nonviolent lives through affirmation, respect for all, community building, cooperation and trust.

Founded in and developed from the real life experiences of prisoners and others, and building on a spiritual base, AVP encourages every person's innate power to positively transform themselves and the world.

AVP/USA is an association of community based groups and prison based groups offering experiential workshops in personal growth and creative conflict management. The national organization provides support for the work of these local groups



THE ALTERNATIVES TO VIOLENCE PROJECT



***A NATIONAL PROGRAM
OFFERING CONFLICT
RESOLUTION SKILLS TO
CHANGE LIVES***

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