

What is AVP?

AVP is an organization of experienced volunteers offering hands-on workshops that empower individuals to find creative ways to handle conflicts and achieve satisfying relationships.

AVP builds upon a spiritual base of respect and caring for self and others, and works with groups and individuals in the community, schools, and prisons.



Transforming Power

There is a power for peace and good in everyone, and this power has the ability to transform relationships and situations.

The Transforming Power mandala is the heart of all AVP workshops.

Get Involved!

- Participate in a workshop
- Gather people to take a workshop
- Become a workshop facilitator
- Donate (tax deductible)

Contact

For information on upcoming workshops, becoming a facilitator or donating:

AVP-Kitchener-Waterloo: avpkw.ca

AVP-Canada: avp-canada.com

AVP-International: avp.international

AVP local contact: Sue Klassen

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About

AVP (Alternatives to Violence Project) is a grassroots, volunteer program that is dedicated to reducing violence in our society. It is designed to help people create successful interactions. AVP started with one workshop for prison inmates at Green Haven Prison in New York State in 1975. The program expanded to Canada in 1989, and now operates in more than 50 countries worldwide. AVP-KW Council was founded in 1993.

The vision of AVP is to empower people to lead peaceful lives through respect for everyone (including self), community building, cooperation and conflict resolution.



AVP builds...

- conflict resolution skills
- communication skills
- self-esteem



**Kitchener-Waterloo
Council**

AVP Workshops



Levels

AVP offers three workshops:

- The **Basic Level** introduces Transforming Power
- The **Advanced Level** focuses on the consensus process —participants choose a topic to explore in depth
- The **Training for Facilitators (T4F)** allows participants to practice facilitating workshop sessions, then apprentice on workshop teams until full facilitator status is achieved

“I wish I had taken this program as a teenager. I’d recommend it for all young people.”

- AVP workshop participant

Principles

Every AVP workshop, while unique, is based on the following principles:

Affirmation: building self-esteem and trust

Communication: improving listening skills, learning assertive methods of expression, and learning to think before reacting

Cooperation: adopting attitudes that avoid competitive conflicts, finding creative ways to deal with anger

Community: finding how to belong in a diverse society by exploring individual and group dynamics and new ways to make responsible choices, and by experiencing consensus

Creative Conflict Resolution: participants discover their own experience of “Transforming Power”—a power which leads to understanding, empathy, trust, goodwill and cooperation

Personal Growth: building on skills we already possess while celebrating the goodness in ourselves and others

Why experience AVP?

Check out the stories of those who have, and the difference it made in their lives.

www.avpkw.ca

What to Expect

Each workshop includes a series of experiential exercises in small groups that build community and trust.

- Time-proven exercises develop skills for non-violent conflict resolution
- Role playing conflict situations builds skills
- Format is experiential—no boring lectures
- Fun, laughter, and time for reflection
- Program can be tailored to participants’ needs
- Each training is eighteen hours—over three days or one-evening-a-week for six weeks
- Affordable: \$90/workshop, bursaries available as needed



“I learned tolerance and patience—I am less prone to get angry.”

- AVP workshop participant