

\* NEW SCHEDULE!!!



# Alternatives to Violence Project

ANTELOPE VALLEY  
and



Antelope Valley Partners for Health  
Community Collaborative Promoting Health and Wellness  
a 501(c)(3) nonprofit organization



Present an. . .

## AVP VIRTUAL **BASIC WORKSHOP #03**

\*PREREQUISITES: NONE

Sat & Sun, Oct 9 and 10 8am-noon PDT

Sat & Sun, Oct 16 and 17 8am-noon PDT

▶ Attendance at this Virtual Workshop is via Zoom. Details will be provided. ◀

**Participants need to complete all sessions to receive a Certificate of Completion.**

### *Peaceful Relationships*

We all seek them...and yet conflict is a natural and inevitable part of everyday life.

- Destructive conflict can start with disappointments, irritations and frustrations.
- Unresolved conflict is one of the roots of violence.
- It is possible to learn new ways of handling differences.

AVP workshops are for everyone seeking harmony, whether in their work, family, community relationships, or all of these.

#### PRE-REGISTRATION IS REQUIRED\*

**Must be able to access ZOOM with audio and video.**

\*Register by Email at [avpav@aol.com](mailto:avpav@aol.com). Include:

- Name, Address, Phone #, Previous Workshops (if any...w/s type, when, where)
- Write **BASIC WORKSHOP #03** in the email subject line.

\*PREREQUISITES: NONE

\$ \_\_\_\_\_ Amount Paying (Sliding Scale \$25-\$50)

Make Workshop Payments at: [www.avpav.org](http://www.avpav.org)  
using **Credit Card** or **PayPal**

Info: Diana Couch 661-942-3025, [avpav@aol.com](mailto:avpav@aol.com) Federal Tax ID # 47-0957404

