



BE PART OF THE SOLUTION, NOT THE PROBLEM

FOUR SESSIONS (MUST ATTEND ALL FOUR):

THURSDAY, MARCH 11TH 6:00PM – 9:00 PM

SATURDAY, MARCH 13TH 9:00AM – 3:30PM

THURSDAY, MARCH 18TH 6:00 – 9:00 PM

SATURDAY, MARCH 20TH 9:00 AM – 3:30 PM

ONLINE

AVP WORKSHOP

ALTERNATIVES TO VIOLENCE BASIC WORKSHOP

Youth 14 and up are welcome!

Alternatives to Violence New York: www.avpny.org

Suggested registration \$40 (no one turned away for lack of funds)

*Stand-alone workshop **or** first step toward becoming an AVP Facilitator*

LEARN TO:

IDENTIFY AND MANAGE STRONG FEELINGS

DEAL MORE EFFECTIVELY WITH RISK AND DANGER

BUILT TRUST AND EMPATHY WITH SELF AND OTHERS

COMMUNICATE WELL IN DIFFICULT SITUATIONS

UNDERSTAND WHY CONFLICT HAPPENS AND PRACTICE RESPONDING NONVIOLENTLY

TO REGISTER AND FOR MORE INFORMATION CONTACT:

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Email:

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315-637-0023

ON A SCREEN NEAR YOU VIA ZOOM

(DEVICE WITH SCREEN REQUIRED—LAPTOP OR PC OR TABLET RECOMMENDED)