



Solving conflict . . . peacefully!

Alternatives to Violence Project (AVP)

Sacramento Training Schedule

Level I January 15-17, 2016

Level II February 19-21, 2016

Level III March 11-13, 2016

Kaiser Permanente South Sacramento

6600 Bruceville Road Conference Room 1 (Next to Cafeteria)

Sacramento, Ca 95823

<u>Take the Conflict Quiz</u>	<i>Do you:</i>	<i>Yes</i>	<i>No</i>
<i>Have trouble with anger?</i>		<input type="checkbox"/>	<input type="checkbox"/>
<i>Hold grudges?</i>		<input type="checkbox"/>	<input type="checkbox"/>
<i>Avoid people because of unresolved conflicts?</i>		<input type="checkbox"/>	<input type="checkbox"/>
<i>Feel frustrated when people disagree with you?</i>		<input type="checkbox"/>	<input type="checkbox"/>
<i>Find it difficult to say no?</i>		<input type="checkbox"/>	<input type="checkbox"/>
<i>Want to handle conflict more productively?</i>		<input type="checkbox"/>	<input type="checkbox"/>

Level I a basic introduction to the philosophy and skills of nonviolent conflict resolution;

Level II (must have taken Level I) explores the concepts in greater depth on a theme chosen by participants;

Level III prepares those who, after taking Levels I and II, wish to become AVP facilitators

WHAT is AVP?

- an experiential program with creative and fun exercises
- helps us better understand how to resolve conflict situations in a more positive, productive manner
- helps us turn our conflicts into opportunities for growth
- A series of three workshops:

Central beliefs of AVP:

- there is good in everyone
- conflict does not need to move into violence and harm
- conflict can become a tool for both personal and social change
- we all have the *potential* for resolving conflicts peacefully and can learn skills to help

WHY AVP?

"This workshop has helped me identify with other people's situations, no matter what culture we are."

"I have learned that we can get along."

"I have learned to be more patient, to listen to others more attentively."

"You have to learn how to resolve conflict. If you don't, you will wind up in jail or dead and you don't want to be dead." (6th-grade student)

"Now I know there are alternatives!"

(9:00 am – 6:00 pm). Saturday and Sunday lunch will be provided. Successful workshops depend on the sense of community created among participants. Absences and tardiness affect everyone, so we do ask that you make a commitment to the full time period.

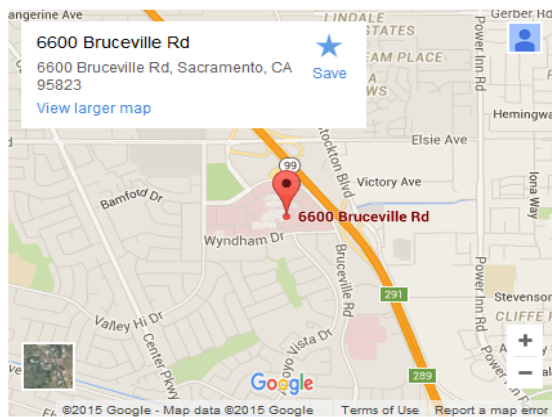
COST Each workshop cost is \$30. Scholarships are available. This fee covers workshop expenses, meals and also supports AVP nonviolence workshops in Sacramento.

To find out more about AVP please visit their website: **avpusa.org**

HOURS Friday evening (5:30-9:30 pm), Saturday (9:00 am – 6:00 pm) and Sunday

South Sacramento Medical Center

6600 Bruceville Road, Sacramento CA 95823
(916) 688-2000



Workshop Registration

I am enclosing \$10 registration fee for the following AVP workshop. Balance of \$20 is due at the workshop. Questions? Contact Wendie Skala: Wendie.I.skala@kp.org

Checks should be payable to Sacramento AVP and sent to:

Wendie Skala

C/o Kaiser Permanente Trauma Services

6600 Bruceville Road Room 119

Sacramento, CA 95823

Name (please print) _____

Address _____ City _____ Zip _____

Day Phone _____ Evening Phone _____ E-mail address _____