



THE ART OF BUILDING PEACE

A two-day training in AVP or "Alternatives to Violence Project"

Saturday, April 21, Sunday, April 22, 2007

Ahimsa Village Community (former residence of Dorothy Blair)

4022 S. Eagle Valley Road, Julian PA 16844

Questions: Sunny Rehler 353-8582 or livingpotentials@hotmail.com

SCHEDULE: Registration: 8:30 AM to 9:00 AM on Saturday
Saturday, April 21, 9:00 AM to 5:30 PM
Sunday, April 22, 9:30 AM to 5:00 PM

FACILTATOR: Campbell Plowden, Ph.D.
Volunteer Facilitator
Co-coordinator Central Pennsylvania AVP

SUGGESTED DONATION: \$50 per person**
Make out checks to: "Central PA AVP"
Mail to: Campbell Plowden, 161 E. Aaron Drive,
State College, PA 16803.

AVP Basic Workshop:

The Basic AVP Workshop focuses on primary conflict resolution skills. Some topics that will be covered include:

- Affirmation — Building self-esteem and trust.
- Communication — Improving both listening skills and honest affirming methods of expression.
- Cooperation — Developing cooperative attitudes that avoid competitive conflicts.
- Creative Conflict Resolution — Getting in touch with what AVP refers to as "Transforming Power" to resolve violence.

Participants will use role plays and other experiential processes to learn new and creative ways to respond to conflict situations. AVP workshops seek to assist individuals in personal growth and change.

About AVP:

The mission of AVP 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. The Alternatives to Violence Project is designed to create successful personal interactions and transform violent situations. AVP shares a commitment to a philosophy and non-violent practices that are similar to the teachings of Mohandas Gandhi and Dr. Martin Luther King, Jr. See more information at www.avpusa.org

**NOTE: NO ONE SHOULD BE EXCLUDED FROM THIS VALUABLE WORKSHOP DUE TO THEIR FINANCIAL SITUATION. IF YOU WISH TO PARTICIPATE AND CAN NOT AFFORD TO CONTRIBUTE \$50, PLEASE CONTACT Campbell Plowden at (814) 238-5148 or cplowden@comcast.net. Beyond covering minimal workshop expenses, donations for this workshop will help support AVP work in prisons and other regional AVP work.