

Peaceful Relationships...

In a weekend, learn skills to increase your effectiveness and enrich your own personal world

ENJOY a hands-on, experiential workshop where you'll connect deeply with others, laugh, share, listen while learning ways to reduce conflict in your world, your classroom, your family, or at work.

* Take **no** notes... Come prepared to discover new ways of approaching disagreement.

* Treat yourself to this workshop purely for personal growth. Or make it a first step toward facilitating *ALTERNATIVES TO VIOLENCE PROJECT (AVP)* workshops in prisons and the community or classroom. AVP, begun in 1975, is active worldwide. See www.avpcalifornia.org for details on the program and concept.

* This workshop is led by experienced volunteers currently facilitating workshops at California prisons, as well as with youth.

When: September 23- 25, 2005

Friday: 5:30 Registration 6-9 p.m. Workshop

Saturday: 8:30 a.m. - 9:00 p.m.

Sunday: 8:30 a.m.-1 p.m.

Location: Santa Barbara location to be announced.

Fees: \$45-100 depending on your ability to pay. Scholarships are available. Includes materials, training, snacks and Saturday dinner. Please bring a sack lunch for Saturday and Sunday. Complimentary overnight lodging in homes is available for those coming from out of town.

For more information, please contact: Wendy -805/450-5422 or wjwittl@cox.net

Sponsored by Santa Barbara Friends (Quaker) Meeting

TO REGISTER: Tear off and mail to AVP, 886 Cheltenham Rd. S.B. 93105.

Sign me up for the Alternatives to Violence Workshop

Name _____ Phone _____

Address _____ City/State/Zip _____

Email _____ Occupation _____

Check to "SB Friends Mtg" enclosed for \$ _____ or _____ I would like to talk about a scholarship.