

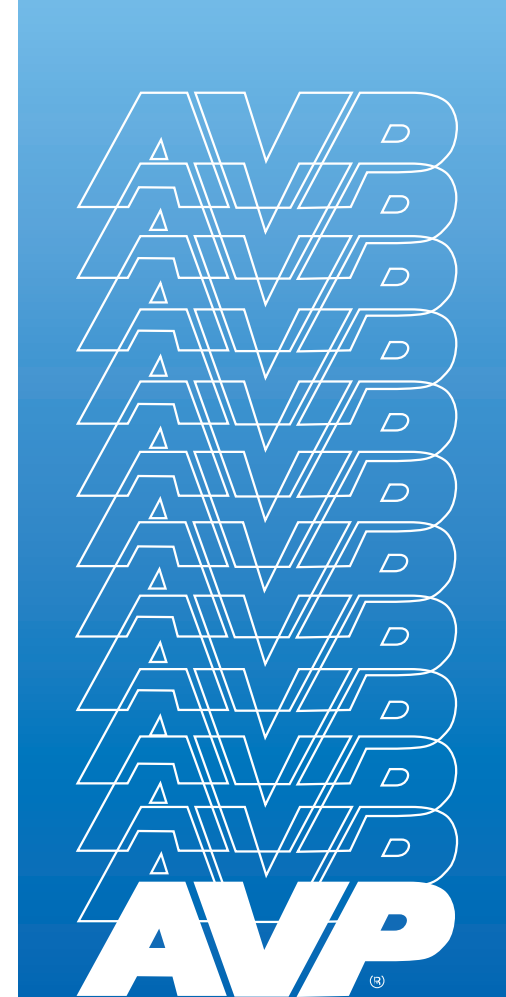


The Alternatives to Violence Project (AVP) offers experiential workshops that aim to empower individuals to liberate themselves and others from the burden of violence in all of its forms and manifestations. AVP is based on Transforming Power—a power that can work through us to transform us and the situations of conflict we find ourselves in. Conflict becomes an opportunity to deepen relationship.



ALTERNATIVES TO VIOLENCE PROJECT

P.O. Box 54, Poplar Ridge, NY 13139
1-800-909-8920 or 315-364-8210
AVPNYSO@aol.com



ALTERNATIVES TO VIOLENCE PROJECT

*You are invited to support the
vision of AVP*

Workshop participants/facilitators talk about the way the AVP program has changed their lives.



"In 1992 I began a profound transformative journey thanks to God and AVP, from being a tough guy (Hammerin' Hank) to that of one whose social consciousness, community activism and advocacy for the hungry/homeless/seniors/ guides me today. As Handsome Hank I recognize conflict is inherent in the human spirit, with variegated choices for action. I appeal to you to help us to help others still stuck in their win-lose mindset, in moving to see the win-win within."

Henry Rivera

AVP Graduate, Facilitator and Community Leader



"If there is such a thing as a miraculous change, then I can truthfully say that it was through AVP. I began to grow from a person filled with hate, anger and despair into a person who is responsible for the protection, preservation and enrichment of humanity."

Robert Martin, MSW

AVP Graduate, Facilitator and Social Worker



"My grandfather was in the Indonesian military during World War II and he brought his wartime experiences of violence into his home. Then my father brought that violence into my childhood. I know that war and violence do nothing to create true resolution. Violence only creates more violence. AVP has transformed my ability to love and continually inspires me when I see others who are changed by AVP."

Sarah Mandolang

AVP Graduate and Facilitator in the US and in Indonesia

Help us with our programs to reduce the violence within our communities, our prisons, and beyond.

Each day, thousands of people are victimized by violence. Each of these incidents represents a personal interaction that has failed. AVP is designed to help people create successful interactions. In the AVP workshops individuals learn how to resolve disputes non-violently.

The Prison Program AVP began with one workshop at Green Haven Prison in 1975. In 2007, 153 inside (prisoner) and 109 outside (civilian) facilitators together conducted more than 150 three-day workshops reaching more than 1,500 inmates in 17 prisons in New York State. Together we trained 107 apprentice facilitators inside the walls. We expect to match or exceed these numbers in 2008.

The Community Program AVP is not just a prison program. AVP holds workshops with adults and youth in communities across New York State, reaching youth at risk in urban communities and people who have recently returned from prison. As of this writing in 2008, AVP/NY has trained twenty-five youth apprentice facilitators.

The AVP program works! A recent recidivism study involved more than 300 inmates up to three years after their release. AVP participants were compared to a control group who had taken life skills training. Although you might expect the life skills group to be more successful, the AVP group was 47% more successful.

The overall recidivism rate for those formerly incarcerated in the US is over 50% but the recidivism rate of the AVP group for violent felonies was only 5.7%. AVP is a program that is proven to reduce violence.

Our goal is to expand the program in 2009

- To help more prison inmates find an alternative to violence we plan to expand the number of prisons that provide the AVP program.
- To reduce youth violence we plan to provide more youth workshops.
- To provide AVP transitional support for ex-inmates we plan to expand the Landing Strip program to communities outside of Manhattan and Brooklyn.

Forty percent of our annual operating budget comes from direct public support. We invite you to help us meet our annual fund goal of \$24,000.

Please help us to achieve these goals by supporting the AVP vision and making a financial contribution today.

Pledge Card

Alternatives to Violence Project

Our Mission is to empower people to live 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.

- Please contact me to arrange a talk about AVP in my community
- Please let me know about community workshops in my area.
- Please put me on the mailing list for the AVP New York Newsletter

NAME

STREET

CITY STATE ZIP

HOME PHONE WORK/CELL

E-MAIL

(Please see other side)

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Yes, I am a partner in funding the AVP vision and I want to help with a gift to meet AVP's fundraising goal of \$24,000.

- \$10 funds a Landing Strip travel token and dinner
- \$50 funds five manuals for a prison workshop
- \$100 funds a youth scholarship to train to be a facilitator
- \$250 underwrites a prison or community workshop
- \$1,000 – 2,000 supports Flight Path to Freedom
- Other _____

Please direct my gift to:

- Prison and Community Programs
- Landing Strip—weekly support group for men and women recently released
- Flight Path to Freedom—links returning AVP people to housing, employment and services
- Where needed most
- I want to spread my gift across the next year (\$10 per month minimum). Please contact me
- I have remembered AVP in my will

Gifts are tax deductible to the extent allowed by law.

Please make checks payable to:

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Thank You

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