

What is the AVP Program?

Founded in 1975, the Alternatives to Violence Project has grown into a global movement with active programs in more than 40 countries and 33 states in the U.S.

We believe that everyone deserves to live in a safe and supportive environment, free from violence and abuse.

AVP New York supports community, prison and school-based groups across the state. Our mission is to reduce violence in our homes, communities, schools and prisons. As a grassroots organization, AVP New York belongs to everyone who has taken an AVP workshop.

AVP brings people from different backgrounds and life experience together to build community, to learn from one another, to begin to understand each other's experience.

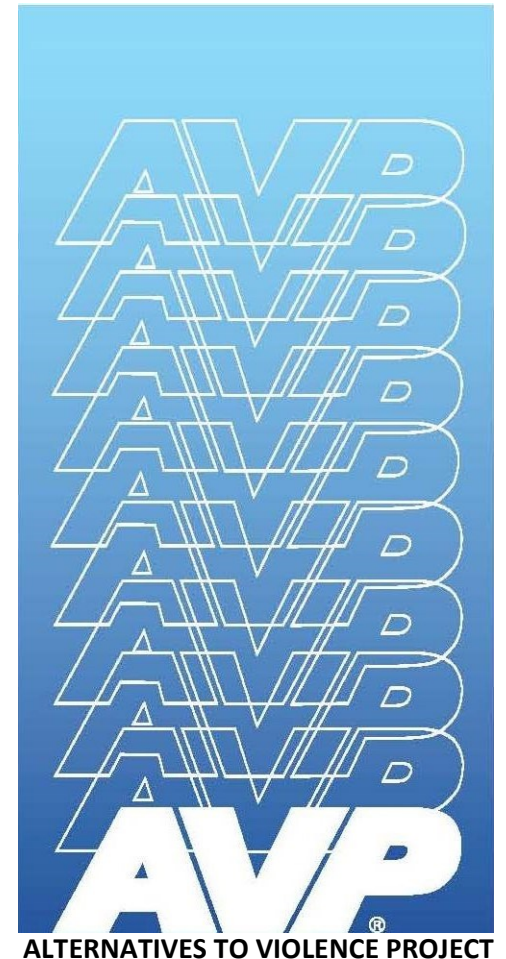


AVP New York Annual Gathering 2023



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*Creative conflict transformation
workshops that change lives*

“I am committed to AVP and believe we need to ask ourselves ‘What do we want?’ I think Michael Jackson was onto something: ‘If you wanna make the world a better place, Take a look at yourself, and then make a change’”

Kimberley Scott, MS Ed.
AVP Rochester



How AVP works

AVP workshops use experiential learning. We draw on the shared experiences of participants and facilitators to explore the violence in our lives in all forms—physical, verbal, emotional, sexual, prejudice, injustice, addiction etc. etc.

AVP workshops empower participants and facilitators to discover creative ways to transform conflict into win-win outcomes that can deepen relationships. AVP unlocks leadership potential as participants build skills and become agents of change, peacemakers.

In AVP workshops we practice:

- Affirmation — affirming self and others
- Communication — practicing active listening
- Community building — having fun together
- Cooperation — small groups have a common task
- Conflict Transformation — practicing transforming conflict in role plays

AVP offers three levels of workshops:

- Basic (Level 1) Workshop
- Advanced (Level 2) Workshop
- Training for Facilitators (Level 3) Workshop

Get involved!

Join us in a workshop!

Take an AVP Basic Workshop for the fun of it and the learning and/or take first step toward becoming an AVP facilitator!

See www.avpny.org for a listing of upcoming workshops in community settings.

Prison Programs

AVP New York holds more than 100 two or three-day workshops each year inside NYS and federal prisons with more than 1,000 participants who are incarcerated. More than 120 incarcerated facilitators volunteer to facilitate the workshops together with about 40 outside facilitators. **Outside volunteer facilitators are always needed to make these programs thrive.**

In Communities and Schools

AVP New York holds three-day workshops in community settings across NYS and in NYC. We often hold 2-4 hour mini workshops to offer a taste of AVP before holding a full workshop.

To arrange for a presentation about AVP at your community organization, school or house of worship, please contact info@avpny.org or call 315-604-7040.



Anthony Sims
AVP NY Vice President

“Of course the real reason I do AVP workshops is for myself, but not only because I need to continually confront my own violence within. It is also because even a small dose of the nightly news begins to poison me with despair about the brutality in our world. But each time I do a workshop I am reminded again of the innate worth of each person, and the possibility of transformation. I can return to the rest of my life with faith and hope.”



Grace McGrath, PhD
AVP Facilitator

“I was unjustly convicted of a crime and served 24 years in prison. After I was sentenced, I thought my life was over. AVP became the catalyst I needed to navigate safe spaces in what I sometimes refer to as ‘The Abyss’. It also became my new way of life.”