

***The quality of our lives  
depends upon the quality of our relationships.***

Introducing a

**Workshop on Conflict Resolution**

by the Alternatives to Violence Project (AVP),

**Saturday, December 14, 2024**

**2 pm - 5 pm**

at

**Avenue Church NYC**

**First Avenue between 90th and 91st Sts.**

In this fun, experiential workshop we will explore how we can have  
better, more productive conversations.

We will touch upon the 4 pillars of the program:  
Affirmation, Communication, Cooperation  
and Creative Conflict Resolution.

The event is free.

Donations to AVPNY are appreciated.

Seating is limited to 20 participants.

For more information and to RSVP, contact Kate at [KateKNY@gmail.com](mailto:KateKNY@gmail.com)

For more on AVP visit our website at [www.AVPNY.org](http://www.AVPNY.org)