AVP MISSION

The Alternatives to Violence Project is a multi-cultural volunteer organization that is dedicated to reducing interpersonal violence in our society.

The AVP workshops present conflict management skills that can enable individuals to build successful interpersonal interactions, gain insights into themselves and find new and positive approaches to their lives.

The AVP program offers experiential workshops that empower people to lead nonviolent lives through affirmation, respect for all, community building, cooperation and trust.

The AVP program teaches through experiential learning with a minimum of lecture. The AVP workshops consist of a series of structured experiences, or ‘exercises.’ Intellectual knowledge is generally not very helpful in the midst of conflict but repeating nonviolent behavior that has been previously practiced is helpful. Role-plays are a key focus of AVP workshops. They help participants discover new ways of dealing with conflict nonviolently and give them an opportunity to practice new behavior.

Practicing this program in a prison environment offers a few challenges but also opens people’s eyes to a new way of thinking and interacting with members from our community including staff and residents.