• IDENTIFY AND MANAGE STRONG FEELINGS
• DEAL MORE EFFECTIVELY WITH RISK AND DANGER
• BUILD TRUST AND EMPATHY WITH SELF AND OTHERS
• COMMUNICATE WELL IN DIFFICULT SITUATIONS
• UNDERSTAND WHY CONFLICT HAPPENS AND PRACTICE RESPONDING NONVIOLENTLY

ALTERNATIVES TO VIOLENCE PROJECT

BASIC (LEVEL 1) WORKSHOP

AUGUST 12 - 14, 2022

City Island Community Center
190 Fordham St, City Island (Bronx) NY 10464

Youth 14 and up are welcome!

Stand-alone workshop or first step toward becoming an AVP Facilitator!

Friday, August 12: 6:30pm - 9:00pm (snack provided)
Saturday, August 13: 9:00am - 6:30pm (lunch provided)
Sunday, August 14: 12:30pm - 6:00pm (snack provided)

Note: Participants must attend all sessions: the exercises build on each other.

Registration Fee: $10 - $75. Pay as you are able.

To register: Please email Mary Eagleson at mleagleson@aol.com