

WHAT IS THE AVP PROGRAM?

AVP is an experiential program which is designed to help prison inmates change their lives in a positive and lasting way.



It is a program in our state prisons which helps inmates there to learn new skills and attitudes that lead to fulfilling and crime-free lives.

The workshops are an intensive learning experience, offering two or three-day workshops on three levels:

- * ***The Basic workshop***
- * ***The Advanced workshop***
- * ***Training for Trainers***

AVP-NH is a "grass-roots" organization with no paid staff or paid positions of any kind. We rely entirely upon the time volunteered by our community volunteers, and on donations from people like you.

We invite you to contact us and sign up to experience one of our free Alternatives to Violence Project "Basic Workshops" in New Hampshire.

AVP NEW HAMPSHIRE

Alternatives to Violence Project New Hampshire

**Helping Create a More
Nonviolent Community in Our
State of New Hampshire**



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THE AVP MISSION

The Mission of the **Alternatives to Violence Project** is to empower people to lead nonviolent lives through affirmation, respect for all, community building, cooperation and trust.

AVP was founded in and developed from the real life experiences of prisoners and others, and encourages every person's innate power to positively transform themselves and the world.

AVP-NH provides prison based groups offering experiential workshops in personal growth and creative conflict management.

The national organization, AVP/USA, provides support for the work of local groups such as ours.

Since 1992, when workshops were started in New Hampshire at the men's prison in Concord, the AVP program is one of the most well respected and highest regarded programs by the inmate population.

For More information visit our website at AVPNH.ORG.

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THE AVP VISION

The *Alternatives to Violence Project (AVP)* is working toward creating a nonviolent society.

Our goal is to reduce the level of violence in our society by introducing people to ways of resolving conflict that reduce their need to resort to violence as the solution.



Our process uses the real life experience of participants as a learning resource, and draws on that experience to deal constructively with the violence in themselves and their lives. It is an "experiential" workshop.

EXPERIENCE AVP

Join us for one of our upcoming workshops soon. You might view the workshop weekend as though it were a retreat from your usual life.

Leave all your notions of the prison outside the doors when you enter the facility - we have never had anyone from the community who did not find it an extremely illuminating experience and thoroughly enjoy their Basic Workshop... Sign up right now!

TOP FIVE REASONS WHY I VOLUNTEER FOR AVP NH –

1 . I Experience and Learn:

In AVP workshops I challenge myself to experience and learn about a wide variety of people, about the roots of violence and nonviolence, and about prison and crime in our society.

2 . I Can See Immediate Results:

It is rewarding for me to see changes in people's behavior and attitudes; and to see people's lives positively affected in the course of a single workshop.

3 . I Give Back To My Community:

I am helping to actively reduce violence both in prison and in our community when inmates return to live among us.

4 . I Make a Difference in Inmates Lives:

My presence at the workshop shows prison inmates that someone cares and recognizes them as fellow humans, and that they have not been totally "written off" by society.

5 . No pressure, No minimums:

There is no minimum amount I need to volunteer, and no pressure to do any more than I choose to.

- Alex, Outside Facilitator and Volunteer for AVP at the New Hampshire State Prison for Men - Concord

Call Charles Oropallo at 603-924-6759 for more information about what we do, and how you can get involved with AVP-NH!