

Alternatives to Violence Project (AVP)

A program of:

**FRIENDS FOR A
NON-VIOLENT WORLD
(FNVW)**

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The AVP Mission:

The Alternatives to Violence Project is a collective of volunteers offering experiential workshops that help individuals to overcome violence in their own lives and the lives of others.

Our fundamental belief is that there is a power for peace and good in everyone, and that this power has the ability to transform violence.

AVP builds upon a spiritual base of respect and caring for self and others.