

# Alternatives to Violence Project

## ANTELOPE VALLEY

### ~ WAYS TO ASSIST AVP ~

2005 is AVP's 30<sup>th</sup> year. Along the way, many local groups have been formed, and non-hierarchical coordinating groups have been created to assist in communication and accommodation of workshop facilitation and related activities. Workshops offered to communities, in schools, and in prisons provide effective community-wide reduction of violence and development of skills that defuse reactions and redirect energy toward constructive, community-building relations.

Support of AVP workshops and activities is available in countless ways...and small ways can often be as critical as larger ways. We all work together **“voluntarily” (a must)**, much like a family, with each doing what they feel comfortable with, and things get better. Fast or slow...it depends on us. Not just a theory, it's actually happening “now” all over the world. In addition to helping out locally, AVP-California is working to accommodate a recent major increase in the demand for workshops. If you have family or interests anywhere in the country, chances are AVP is there or nearby. If your interest ranges farther abroad, there are volunteer AVP groups all over the world, truly making a difference, one workshop and one person at a time.

#### **ASSISTANCE for WORKSHOP FACILITATION:**

- Felt Tip Pens (colored)
- Flip Chart Pads (large)
- Cost of Scholarships (varies, local=\$40)
- Other Manuals as # Facilitators Increases
- Gasoline Costs for Non-Local Facilitators
- Cost of Meal (1 is provided during workshop)
- Lodging or Cost of for Non-Local Facilitators
- Masking Tape
- Tinker Toy Sets
- Training For Facilitators Manuals
- Workshop Kits with Container (est. \$175)
- Snacks for Workshop
- Presentation Equipment or Use of Same
- Influence (non-coercive, non-political)

#### **ASSISTANCE with WORKSHOP PROMOTION & PREPARATIONS:**

- Space for Conducting Workshops
- Newspaper Ads
- Office Supplies (general)
- Boxes of Computer Paper (as needed only)
- Ad Slides in Theatres
- Run a Promotion-Distribution Table
- Electronic Message Boards & Placement
- Copying & Printing (Costs or Service)
- Signs, Billboards or Space for them
- Ink or Toner Cartridges (specific)
- Distribution of Promotional Materials
- Travel Cost for Planning Meetings
- Provide Promo Outlet & Promote
- Suggestions Welcome

#### **ASSISTANCE by DIRECT INVOLVEMENT:**

- ATTEND a WORKSHOP (vital)**
- Hands-On Computer & Graphics Assist
- Licensed Babysitting for Participants
- BECOME a FACILITATOR (vital)**
- Provide Transportation Locally or Other
- Share Ideas & Contacts with Us

#### **ASSISTANCE by DONATION:**

Donations of Time, Helpful Information & Suggestions, Supplies and Funds in “any” amount are appreciated and very helpful. California is undergoing a major change philosophically and operationally in departments such as the Department of Corrections & Rehabilitations, the Department of Mental Health, the County Sheriff (LASD) and others, some of whom are now expressing and requesting large increases in facilitation services.

~ **WE NEED VOLUNTEERS IMMEDIATELY: AV-LOCALLY & CALIFORNIA STATEWIDE** ~

**Contact: Doug Couch • 661-942-3025 or 661-341-1099 • avpav@aol.com**

**FOR MAIL ONLY: 43759 15<sup>th</sup> Street West #22, Lancaster, CA 93534-4754**

**Let Us Know How You Can Help...Notes on Ways to Help:**

**NAME:**

**ADDRESS:**

**PHONE – EMAIL:**

**TYPE OF INTEREST & WAYS YOU WOULD LIKE TO HELP (or suggestions):**

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