

## Learn to manage conflict constructively

### Do you

- avoid conflict?
- fear anger?
- have a quick temper?

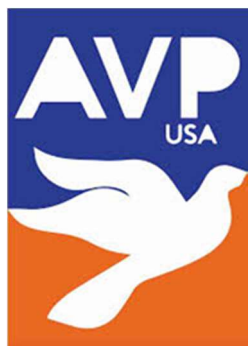
### Do you want to

- learn to manage your own anger?
- resolve conflict in the workplace?
- know how to find a creative solution to difficult issues?
- know how to intervene when someone is being bullied?
- Want to listen and communicate more effectively?



The Alternatives to Violence Project (AVP) workshops began more than 50 years ago here in the USA and are used worldwide. AVP workshops are fun, interactive and will change the way you see people and the way you see yourself!

Rev Ingrid Andersen has been an AVP facilitator for ten years and she and a team of facilitators now bring AVP to St Luke's Episcopal Church, Mount Joy.



### AVP Basic workshop Oct 5-7:

**Fri 5<sup>th</sup> Oct 6.30 - 8.30 PM** (Fellowship meal at 6 PM)

**Sat 6<sup>th</sup> Oct 9 AM - 4 PM**

**Sun 7<sup>th</sup> Oct 10:30 AM - 3:30 PM**

(You are invited to join us for the 9 AM service)

**St Luke's 209 S Market St, Mount Joy**

\$20 minimum donation towards the peacebuilding work of AVP Lancaster. Bring and share meals.

Contact Saint Luke's at [stlukemountjoy@gmail.com](mailto:stlukemountjoy@gmail.com) to book. Numbers limited.

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