



Voices from Alexander

Exploring Alternatives to Violence

Summer 2020



Hello AVP Team! I really miss our weekends together. One of the best parts is seeing our facilitators and hearing how you are using the AVP tools in your daily life. I admire your commitment and your honesty. Sometimes we all forget the tools we've learned and slip back into old habits. And that is okay! You know you are making progress when you recognize when that happens, and you make a mental note to change the scene the next time it comes up.

Another of my favorite parts of our workshops - especially Basic - is seeing the transformation of the entire group within the first 2 hours we're together on Friday. The group comes in as strangers - barely speaking and skeptical - and leaves that first night as brothers. If the weekend does nothing else, it creates a lasting support system in a challenging environment .

Stay safe and well, and we WILL see you soon!!

~Boomerang Barb

Hello, AVP folks! It's been a long time since we have been able to hold an AVP workshop! We are hopeful that the COVID-19 virus will soon be under control and we will be able to be back in the facility with you. In the meantime, remember the Transforming Power Principles, use them, practice them, and support each other in keeping them in your lives.

~Compassionate Kathy

Hello AVP Family! I hope we are all well in this time of uncertainty. We all miss holding workshops and hope you know how much we admire and respect you for your commitment to AVP. If you have a moment to reflect on your time with AVP, think of the most meaningful exercises and lessons that you learned. How can you use those lessons in everyday life? Stick with it and know that we will be back as soon as we are able to do so, while making sure everyone is safe.

Thank you for all that you are, and for sharing your time with us.

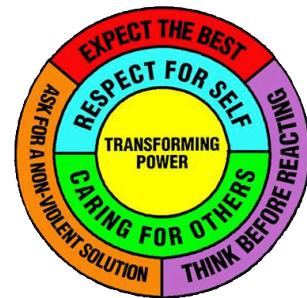
~Apirational Amanda

Dear AVP Family,

I am writing to let you know how this program has changed my life. I still catch myself getting into it with COs and inmates at times. I think before I react and consider the consequences. So most of the time I seek to resolve conflict by reaching for common ground. Yeah, it's hard at times. But I know better so I try to do better. I have a journal now, so everyday I try to write down something good, and just how I'm feeling for the day, because this place will drive you crazy if you let it. This program also has showed me that you don't have to be afraid to change. Doing workshops with Ms. Kathy and Ms. Barb was wonderful because they made it comfortable to work with them and they treated us like human beings. They never looked down on us because we are in prison. We need more people like them in this world because they are some cool humans to work with. I look forward to working with them again.

Peace and Blessings,

~Extra Eric



Voices from Alexander is published quarterly for

AVP Participants at Alexander CI

Submit entries to Ms. Jenkins, Ms. Dula, or Ms. Warnig in the Program Department for Approval

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