



How does nonviolence work? How can people incite change? How can I participate?

Social change through nonviolence is one of the most powerful forces we possess. We have witnessed its power in every populated continent on earth and most famously by Mahatma Gandhi and Dr. Martin Luther King Jr. Now, more than ever, it is important to understand how power dynamics and conflict really work in order to successfully resolve conflict.

In this workshop series we will challenge participants to view and engage conflict for what it is- an opportunity for change. Conflict is necessary for any change to occur, and that includes positive change as well! Conflict itself is neutral-it is how we respond to it that determines a positive or negative outcome. Instead of avoiding conflict, confronting it with nonviolence creates a resolution that is mutually constructive and beneficial for all.

When:

1/29/15: 12:00-1:30 in Dry Creek Valley Room in the Student Center at Sonoma State University

1/30/15: 12:00-1:30 in Stevenson 2075 at Sonoma State University

Workshop topics include: How nonviolence works, identifying levels of conflict, the CLARA Method of De-escalation, understanding privilege, power dynamics in conflict, how these topics relate to current protests nationwide, and how to apply the skills to constructively engage in conflict and current protests.

About the trainers: Both Peijman and Mica have trained in restorative justice and mediation. Since January of 2013, they have been working as Kingian Nonviolence trainers with **Positive Peace Warrior Network** and **East Point Peace Academy**, and founded **Emergency Peace Teams**. Their breadth of expertise in nonviolence and mediation has opened the opportunity to teach nonviolence in local jails, tapping their passion to serve communities most affected by violence. Mica and Peijman now serve as the official nonviolence trainers for [The Metta Center for Nonviolence](#).

