



CONSTRUCTIVE NONVIOLENCE AND NONVIOLENT RESISTANCE. First steps to living a peace-making life and organizing a like-minded community.

We will explore the spirituality and practice of nonviolence. Using a popular education process that respects and builds upon the wisdom and experience of every participant we will be given an opportunity to explore:

- Violence
- Constructive Nonviolence and Nonviolent Resistance
- Social Change : Analyzing Social Change Movements
- Community Building: Practicing skills
- and Bystander Intervention Training - What to do when you're by yourself, and you see someone being harassed

About Elliott Adams: Chair of the CCP Board and Facilitator, former paratrooper and past President of Veterans for Peace, has dedicated his life to abolishing all war, served in many political and civic leadership positions, attended untold numbers of demonstrations, and worked at many levels, from stapling signs to doing logistics, organizing work, and conducting nonviolence training across the country for United For Peace and Justice, War Resisters League, School Of Americas Watch, Peace Has No Borders, Veterans For Peace, as well as Creating a Culture of Peace. Recently, Elliott spent time at Standing Rock with the Meta Peace Team International Exploratory Team.

A 4 hour workshop with Elliott Adams
Saturday, March 4, 9:30 am-2 pm
Pittsburgh Friends Meeting House
4836 Ellsworth Ave, Pittsburgh
~Please bring a bag lunch~

Coffee, tea, and flavored seltzer will be provided.

Sponsors: 350 Pittsburgh Unite 100
Pax Christi Pittsburgh
EcoJustice TMC, Thomas Merton Center, and the
Anti-War Committee TMC and [100 Days of Us](#)
Contact 350pittsburgh@gmail.com

