



## 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

