This practical and interactive workshop will provide an introduction to nonviolence—what it is, why it’s effective, and how we can use it from the personal level to the collective levels.

We will explore what we as individuals can do to maintain nonviolence in our everyday interactions and communication with others. We will also explore conflict de-escalation and nonviolent strategies, using the Metta Center’s roadmap model as our guide.

RSVP by May 4: justice@csjorange.org

Facilitator: Stephanie Knox Steiner

Steiner teaches Peace, Conflict, and Human Rights in the International Studies master’s program at Chapman University and is the Director of Education at the Metta Center for Nonviolence.