

Examples of PJRC Workshops

Peacemaking 101 – Explore new insights on violence in the media, interpersonal conflict and learning from peace heroes. Sessions make use of participatory activities, audiovisuals, case studies, and exhibits like the "Wall of Hope." The session builds on an eight-year project that has been successful with hundreds of classes and groups of youth leaders, parents, teachers, and community leaders.

Peacemaking in the Real World and **Leadership Training in Peacemaking** – Are you interested in exploring creative, powerful, and effective alternatives for addressing and resolving the conflicts in our lives and in the life of the world? This workshop is highly participatory, using small group discussions, lively activities, audiovisuals, and case studies to explore the root causes of violence, the most effective nonviolent alternatives, and the insights and skills for translating this vision into reality. (Available as a weekend or day-long workshop, a series of 6 to 10 sessions, and a 4-hour intro.)

How to Be a Bridge in a World Full of Walls – Creative new tools, insights, and audiovisuals shed fresh light on conflict in the classroom, family, or workplace, on racial and economic conflict, and on big picture issues like the threat of terrorism and our culture of violence. The goal is to increase our ability to grasp, respond to, and help others deal with conflict. (Available as a workshop, forum, leadership training, or teachers in-service day under the title: "Conflict Transformation: Beyond Traditional Methods")

What Brings Security? – Built around an interactive computer activity that allows a group to explore all the ways by which the U.S. seeks to safeguard our people from international threats. Participants compare their opinions with actual funding in the current U.S. budget. This leads to stimulating conversations about ends and means and creative new perspectives on what we can do. (Uses the same format as the activity our developers created on Hunger & Development adopted by the largest critical thinking project in US public education.)

Making a Difference 201 – Designed for today's frustrated and energized, weary and worried citizens, this workshop offers inspiration, humor, and practical skills for making the most of public forums and everyday interactions to build a much-needed consensus for a justice-based society in our lifetime. The session includes refreshingly pragmatic tools like "How to be a bridge in a world full of walls."

The Vision and Challenge of Martin Luther King, Jr. – This session is organized around four themes from the writing and work of Dr. King. It makes use of encouraging examples and insights that help us grasp the liberating power of nonviolence for racial reconciliation, building community, and facing other challenges of today's world. The session offers practical tips and inspiration for our daily lives and society.

The PJRC also offers workshops on issues in the public eye and on topics of particular concern to the sponsoring group. Contact us to find out more.

What previous workshop participants have said:

**"excellent" ... "gave me a big boost" ...
"one of the best workshops I've ever
been to" ... "just what I needed" ...
"wonderful" ... "this was so inspiring!"**

"This workshop makes our vision of justice more tangible, instead of an idealistic goal. It recognizes the struggle in it, and it recognizes that it is not easy, but that it is possible. We often feel helpless as young students, but this helps us realize we can do something and do it well..."

Youth participant, intensive workshop at Seattle University

PJRC Facilitators have led workshops at conferences and trainings across the U.S. Our core workshop leaders bring to their task practical experience and formal training in defense policy, education, peace studies, organizing, and leadership development. Several work as teachers or trainers in their professional lives.

Their work has been featured in both popular and professional media – ranging from the *Seattle Times* to *The New York Times*, from the *Houston Chronicle* to the *Chicago Sun-Times*, as well as radio and TV programs from NPR's "All Things Considered" to ABC-TV News.

PJRC trainers have led workshops for countless community groups, colleges, in-service days for teachers, military units, and national organizations such as the American Student Association, Intercollegiate Peace Fellowship, National Conference on Peacemaking and Conflict Resolution, National Policy Studies Institute, Peace and Justice Studies Association, Urban League, the United Nations, and a White House conference.

For more information, contact the
Peace & Justice Resource Center
1710 11th Ave., Seattle, WA 98122
206-720-0313, pjrcbooks@hotmail.com