

Building a Culture of Peace in the GTA

The following workshops can be mixed and matched to suit the unique needs, ages and interests of your group. Workshops can be customized to run from 2 ½ hours to a longer, multi-day session.

Everyone Can be a Peacebuilder

- **A creative and participatory introduction to InterChange, peacebuilding and peace literacy:** The workshop uses the metaphor of a picnic to explore our unique roles as peacebuilders and to help spread the Culture of Peace.

Arts-based Workshops

- **Drama for Peacebuilding:** exploring peace through theatre games, trust building activities and Forum Theatre.
- **Dancing & Movement for Confidence:** a physical activity session with mind-body centering techniques.
- **Peace with Poetry:** using poetry to explore peacebuilding.
- **Peace with Pictures:** using images and visual art to explore conflict and peacebuilding.

Interventions-based Workshops

- **Nonviolent Communication:** learning to communicate to meet our needs.
- **Dialogue Processes** for peacebuilding and transforming conflict.
- **Solution Focused Interventions:** a way of transforming communities.
- **Power-With:** learning a process for giving and receiving positive feedback.
- **Storytelling as a Healing Art:** learning methods of effective telling and listening of personal stories that support the healing process.
- **Restorative Circles:** developing community resources to deal effectively with violence.
- **Police-Community Relationships:** creating dialogues to improve police and community relationships that builds mutual respect and understanding.



www.interchange4peace.org
community@interchange4peace.org

Health & Self-Reflection

- **Everyone has a “Peace” of the Puzzle:** a workshop to encourage self-reflection.
- **Health & Happiness:** relieve stress and improve clarity of thought.
- **Yoga Essentials** for peacebuilding and self-care.
- **Trauma Healing and Peacebuilding:** understanding and exploring trauma in our lives.
- **Self-care for service providers** and anyone dealing with conflict and violence in the workplace.

Peace Literacy Workshops

- **Peace Literacy:** helping various groups (e.g. artists, educators and youth) to understand and engage in the culture of peace.
- **Peace Begins at Home:** a series of 5 sessions of approximately 2 ½ hours for students, parents/guardians, teachers, principals, the police, & members of the community.
- **Active Global Citizenship:** becoming active in constructing a culture of peace. Topics include: international humanitarian law; children affected by armed conflicts; and human rights.
- **Peace Facilitation:** claim and frame your own work as peacebuilders.

About InterChange

InterChange is a diverse group of community-based peacebuilders around the globe who share knowledge, carry out mutual and external education and research to help nurture and develop dynamic and durable peace.

InterChange combines elements of activism, training, capacity building, and research to fill the gaps in theory and practice for practitioners, educators, researchers, funders, evaluators and policy-makers.

InterChange's **Building a Culture of Peace in the GTA** is an education and training program that offers peace-building workshops to community leaders and members.



For more information about this program and the workshop facilitators, check out our website:

<http://www.interchange4peace.org>

For bringing these workshops to your community, please send us an email at community@interchange4peace.org



InterChange

c/o Transformative Learning Centre
(Room 7-165), 7th floor
Department of Adult Education
and Counselling Psychology
Ontario Institute of Studies in Education
University of Toronto
252 Bloor St. West
Toronto, ON M5S 1V6, Canada



InterChange

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**Are you a community organization
or project interested in hosting
a peace-building workshop
in your community?**

**Check inside for more
Information on our workshops
and how to bring them to
your community!**

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