Violence is a global problem which we encounter at the interpersonal level, in group dynamics and between nations and communities. Wherever it is situated it can cause physical harm and emotional damage. An ideal world is one in which there is no violence, where we support each other and resolve conflicts and differences through communication, negotiation, mediation and respect for the other. Violence may resolve an issue in the short-term but it is never a response which elicits long-term harmony.

“The practice of violence, like all action, changes the world, but the most probable change is to a more violent world.”

Hannah Arendt

If we are to create peaceful communities we need to fulfill the following requisites:

**Security**

Children benefit from growing up in an environment in which they are loved and cared for. We need to ensure that our children are forming nurturing relationships from the moment they are born. Children raised in a secure environment where they are confident in the caregiving capacity of parents and others, are then free to explore their environments without fear and become productive, creative and loving people themselves.

**Values**

We need to follow principles of conduct which ensure that we are treating others in a way that we wish to be treated. There are many spiritual teachings and philosophies which are grounded in values such as love, honesty, respect, compassion, and generosity. When these values guide our actions we will find ways to resolve our differences which do not cause harm to others.

**Equality**

Unequal societies have higher rates of violence than do more equal societies. We must strive for social policies that fairly distribute the earth’s resources without harm to the environment. We need policies of social and economic inclusion for all.

**Knowledge**

Non-violent communities are ones where knowledge is valued. If we reflect on the causes of violence and come to understand these causes in the most real way possible, then it will be more likely that we will find effective strategies to eliminate violence. We must reflect on our personal attitudes and responses, examine research, and engage in dialogue.

**Actions for a Non-Violent Society**

Pay attention to the children. Give them the best possible physical and emotional circumstances in which to grow.

Demand a fair distribution of the earth’s resources that respects the environment.

Encourage people to talk about the values that will be the foundation for a non-violent response to conflict.

Learn about alternatives to violence, such as the teachings of Gandhi, and put them into practice.

Support organizations which champion policies that are grounded in a regard for children, fairness, and education.

See the common humanity in all of us and embrace and celebrate difference.

For more information about strategies of non-violence contact the PATHS office or check out our website.

“World society will change at a gallop when its worldview changes, but its worldview will not change until a galvanizing alternative philosophy appears, together with images, ceremonies, music and metaphysics that can give it life in human hearts and minds.”

Bruce Alexander
Requisites for a Non-Violent Society

**PATHS Members Philosophy**

Life is a journey towards happiness. It is a journey which involves making personal and societal change which, because we are strong, is always possible. We achieve this goal through love, solidarity, self-insight, faith, knowledge and the compassionate support of others.

**PATHS Conference 2011**

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**Shelters and Services:**

**EMERGENCY SHELTERS**

Fort Qu’Appelle 306-332-6881
La Ronge 306-425-3900
306-425-4090 (crisis line collect)
Meadow Lake 306-236-5570
Moose Jaw 306-693-6511
North Battleford 306-445-2742
Prince Albert 306-764-7233
Swift Current 306-778-3692 | 1-800-567-3334

**REGINA**

Isabel Johnson Shelter 306-525-2141
Regina Transition House 306-569-2292
WISH - Wichihik Iskwewak
Safe House 306-543-0493

**SASKATOON**

YWCA of Saskatoon 306-244-2844
Saskatoon Interval House 306-244-0185

**YORKTON**

Shelwin House 306-783-7233 | 1-888-783-3111
Project Safe Haven 306-782-0676

**SECOND STAGE**

SOFIA House (Regina) 306-565-2537
Prince Albert 306-764-7233
Genesis House (Swift Current) 306-778-3692
Adele House (Saskatoon) 306-668-2761
WISH (Regina) 306-543-0493

**FAMILY VIOLENCE OUTREACH SERVICES**

North East (Melfort) 306-752-9464
1-800-611-6349
Hudson Bay 306-865-3064 | 1-800-611-6349
West Central (Kindersley) 306-463-6655
Envision (Estevan) 306-637-4004
1-800-214-7083
Envision (Weyburn) 306-842-8821
1-800-214-7083
Partners Family Services (Humboldt) 306-682-4135

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