

# PEACE

**Choose. Pledge. Promote.**

## Peace is possible!

Living in peace is a fundamental right for all women, men and children. Sojourner is committed to sharing this message and helping others find ways to seek peace every day—at home, at work and in our community.

You can help spread peace! When we all are mindful of our values, language and actions, we can make choices that promote peace and discourage violence. Together, we can transform Milwaukee—one word, one smile, one day at a time.

### Choose Peace

*When we choose peace, we adopt behaviors that help ourselves and our neighbors feel cared for and respected. We take our first steps toward peace when we:*

Take time to breathe and reduce stress

Look for support from caring friends

Connect with others over coffee or a meal

Avoid harsh language

Seek help to heal and restore health

### Pledge Peace

By making a commitment to living peacefully, we remind ourselves to take small steps every day that will improve our lives and heal our community. With each new day, peace will begin to fill our lives.

**I pledge to choose and promote peace through kindness and compassion to myself and others.  
I pledge to banish violence from my life and to help others find a pathway to peace.**

### Promote Peace

*We can spread peace by setting an example and inviting others to choose and pledge peace. We can grow a peaceful community when we:*

Tell others about our pledge

Ask for and grant forgiveness

Respond to others calmly and resolve conflict thoughtfully

Treat children kindly and teach them a peaceful way of life

**If you need help, call now!**

**414-933-2722**

[www.familypeacecenter.org](http://www.familypeacecenter.org)  
[peace@familypeacecenter.org](mailto:peace@familypeacecenter.org)



**SOJOURNER**

Committed to transforming lives impacted by family violence.

CRISIS HOUSING SYSTEM ADVOCACY INDIVIDUAL SUPPORT