

Some comments from participants...

"The highlight has been the wonderful feeling of goodwill, sharing, love, honesty and conviviality."

"I liked almost everything, especially the gentle, supportive atmosphere which was set from the very beginning. A community was generated."

"The agendas are varied and interesting, guiding groups into real interaction and self-realisation."

"Sharing and listening to people's stories was so special. I have seen so much beauty, honesty and humour. I feel privileged to have been here."

"What I liked was the safety of the AVP guidelines and the smooth running of the agendas, the quiet allowing of each person to express their experiences."

"Since the mid-nineties, AVP has truly helped to build my self esteem and worth. I have found my voice, and that has helped create trust and respect, leading to warm lasting family connections."

"Over a long stint inside, I found that AVP gave me an enjoyable way to live, new tools to use in many tricky situations, and something from the beginning that was believable. Now, back in the community, the insights and practices of AVP are still very useful in everyday life."

"As a school administrator, I found that with practice, the strategies to listen, and give clear instructions with empathy, most valuable."



How AVP Began and Grew

The Alternatives to Violence Project began in 1975. An inmate group at Green Haven Prison (New York) was working with youth gangs and teenagers at risk but they were having difficulty communicating their message about the consequences of violence. They sought help from Quakers to conduct a workshop for them.

This workshop was so successful that requests were received for more, and AVP was born and quickly grew. It is now an independent organisation, with no religious affiliations.

AVP currently conducts hundreds of workshops each year in prisons throughout the USA, New Zealand, UK and elsewhere. In Australia there are programmes in about a dozen correctional facilities including two prisons in W.A.

It soon became evident that the programme designed for prison inmates is useful in a community setting and people began to seek the AVP training. Workshops for the general public are offered in the USA, UK, Canada, New Zealand, and are spreading in Europe, Asia and Africa. Community workshops are conducted in all Australian states.



AVP -WA Office

It is now an independent organisation with no religious affiliations

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Alternatives to Violence
Project-WA (Inc.)

Peaceful Pathways

www.avpwa.org

Western Australia



The AVP programme is...

- Led by trained volunteer facilitators from The Alternatives to Violence Project W.A. (Inc.) which helps people discover in themselves new and creative ways of responding to conflict situations.
- A deep and sometimes challenging experience, giving people opportunities to create trusting relationships and a peaceful community.
- Based on the belief that there is a power for peace and good in everyone and that this power has the ability to transform people and situations.
- A programme which draws participants and facilitators from diverse backgrounds, beliefs and cultures.
- An empowering experience with both Basic and Advanced workshops being offered within community and prisons.
- Fun, laughter, tears, looking within, finding answers, asking questions, listening, learning, and lots more...
- A completely volunteer not-for-profit organisation, we have no paid administration or facilitators. Everyone who works for AVP-WA does so for the love of the program.



AVP workshops seek to assist individuals in personal growth and change.

AVP is not therapy or counselling.

Twenty is the maximum number of participants in any workshop.

The First Step is to attend a

BASIC WORKSHOP

This workshop is a series of step by step experiences exploring such things as...

Affirmation - Building self esteem and trust.

Communication - Improving both listening skills and assertive methods of expression.

Co-operation - Developing co-operative attitudes that avoid competitive conflicts.

Conflict Resolution - Exploring creative ways of dealing with conflict.

Community Building - Acknowledging differences and recognising similarities.



HIPP (Help Increase the Peace Project) is the youth offshoot of AVP offered to all interested groups and schools.

Young People there have the opportunity to build skills for peace in their lives, and perhaps become HIPP facilitators themselves.

Moving on to a

ADVANCED WORKSHOP

If you liked the Basic you can go on to an Advanced workshop. Each Advanced workshop chooses its topics. Some people find it beneficial to do several Advanced workshops.

Some common themes explored are...

Fear - Reveals the hidden fears that usually underlie anger, jealousy and prejudice.

Anger - Results in a deeper understanding of the personal situations that trigger anger.

Communication - Develops the skills and ability to communicate in tense and stressful situations.

Stereotyping - Builds awareness of stereotyping, bias and prejudice in personal relationships.

Power and Powerlessness - Helps individuals understand power structures and get in touch with their inner power.

Forgiveness - Builds the groundwork for true reconciliation and freedom from guilt.

All participants in an Advanced workshop must have completed a Basic workshop.

Moving further on...

Workshops are also run to train AVP facilitators.

Participants must have completed an Advanced workshop.

