

## Some comments from participants:

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

*"I liked the fact that it was an experiential workshop with games, exercises and discussions but no lectures."*

*"It was great to experience the group co-operation – and no conflict at all."*

*"I liked the communication exercises and the different game like sessions that assisted us in communicating."*

*"It helped with understanding other's thoughts and helps make people understand others' needs and the way they see things."*

*"The principles taught to handle conflicts, the team building aspects and the positive atmosphere were all great."*

*"Sharing and listening to each others stories was so special. I have seen so much beauty, honesty and humour. I feel privileged to have been here."*

Many people have been grateful for the way AVP has changed their lives. Parents and teachers have discovered even simple skills that have made a surprising difference to the way in which their home or classroom functions.

## How AVP Began and Grew

The **Alternatives to Violence Project** began in 1975. An inmate group in 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 asked for help from the Quakers to run workshops for them.

These workshops became so popular and successful that requests were received for more and AVP was born and quickly grew. It is now an independent organization with no religious affiliations.

AVP currently holds hundreds of workshops in communities, schools and prisons throughout the world.

In WA it has been going since 1995. At present we run workshops in communities, schools, Wooroloo, Acacia, and Casuarina prisons with arrangements being made to function in other prisons as well.



**Alternatives to Violence Project - WA (inc)**

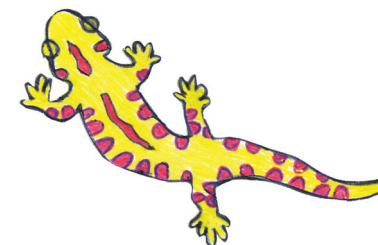
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# Do you fellas have a happy home?



## Peaceful pathways to conflict resolution

Alternatives to Violence Project - WA (inc)  
[www.avpwa.org](http://www.avpwa.org)



## The Peaceful Pathways Program 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. All participants and facilitators are volunteers.
- 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 program which draws participants and facilitators from many different backgrounds, beliefs and cultures.
- Fun, laughter, tears, looking within, finding answers, asking questions, listening, learning, and lots more.
- Two days from 9am – 5.30pm over a weekend or from 9am – 2.30pm for three days during the week.



## To help create a happy home or community, we invite you to take part in a BASIC WORKSHOP

This workshop is a series of step by step experiences which include discussions, activities and games (no lectures or note taking etc) exploring such things as :

- **AFFIRMATION:**  
Helping us all feel good about ourselves and each other.
- **COMMUNICATION:**  
Practicing listening and giving messages in different ways.
- **CO-OPERATION:**  
Getting on well and helping each other.
- **COMMUNITY BUILDING:**  
Respecting differences and similarities. Everyone is important.
- **CONFLICT RESOLUTION:**  
Preventing fights and arguments.

## HIPP (Help Increase the Peace Project)

This is a young people's version of the program which is offered in schools.

## If you liked the Basic and want to continue, we have ADVANCED WORKSHOPS

In an **Advanced workshop**, the participants choose the themes they want treated.

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 abilities to communicate in tense and stressful situations.
- **Stereotyping** – Builds awareness of stereotyping, bias and prejudice in personal relationships.
- **Power & 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.

Following an Advanced workshop, suitable participants are invited to train to be a facilitator and help others in their community, work towards self development and peaceful living.