

Name:

Address:

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Phone/s:

Email

I would like to enrol in the Training Workshop of 3-5 August

I would like to enrol in the Basic Workshop of 6-8 August.

I enclose a cheque/money order for \$_____ payable to AVP (NSW).

A tax invoice can be provided on request.

Please post to
Alternatives to Violence Project,
PO Box 261, Nightcliff, NT 0814

Cost per workshop

AVP workshops, run by voluntary facilitators and support people, are funded by fees on the following basis:

\$160 for high income and professional development participants

\$90 for middle income participants

\$40 for low income and unwaged participants.

Applications are processed on a first come first served basis, each workshop having between 8 and 15 participants. Please forward your application as soon as possible.

Enquiries for further information:

phone Elizabeth on 8948 3305

email avpdarwin@avp.org.au

see AVP Australia websites www.avp.org.au

(see especially About AVP) and <http://avpwiki.wikispaces.com>, or

write to AVP, PO Box 261, Nightcliff, NT 0814



Alternatives to Violence Project

WORKSHOPS

ON

NON-VIOLENT RELATIONSHIPS

CONFLICT TRANSFORMATION

BUILDING COMMUNITY

COMMUNICATION

SELF ESTEEM

DARWIN, 3-5 or 6-8 August 2010

AVP is

- A program of experiential workshops, helping people to change their lives as individuals in relationships, families, community groups, schools, prisons and workplaces
- A program which uses our own experiences to explore how we personally respond to other people and to consider new ways of relating to others
- An intensive learning experience, based on our power to transform, which comes from respecting and caring for ourselves and others, expecting the best, thinking before reacting, and seeking a non-violent way.

AVP can benefit

- Anyone who would like to change
- Victims and perpetrators of violence, whether physical, verbal, emotional or psychological
- Teachers, team leaders, social workers, counsellors

just to mention a few.

AVP's mission stems from a fundamental belief that there is a power for peace and good in everyone, and that this power has the ability to transform violence.

AVP began in 1975 when inmates of a New York prison asked some visiting Friends (Quakers) to help develop workshops exploring non-violent relationships for young offenders.

Since then AVP has become established in many countries around the world. In Australia it began in 1991, where it has been steadily growing ever since as an independent network of volunteer organisations.

In Darwin AVP workshops, introduced in 2006, continued in 2007 and 2009. This year Basic and Training for Facilitator workshops are available.

Key features of AVP workshops include:

- Voluntarism and teamwork
- Diversity
- A safe working environment
- Reliance on transforming power
- Experiential rather than conceptual focus
- A holistic focus
- Fun and laughter in building community
- A varied pace, time for reflection, and feedback throughout

The workshops form a sequence. The introductory **Basic Workshop**, a prerequisite for the next level, focuses on attitudes and skills which help resolve conflicts.

The **Advanced Workshop** explores the things which contribute to violence (fear, anger, stereotyping, power, powerlessness), and ways of communicating in stressful situations.

Training to become a facilitator, with the previous two workshops as prerequisites, involves developing team leadership methods and group process skills, followed by experience as an apprentice facilitator on the team.

Workshops in 2010

Place: Meeting room, Frog Hollow Centre for the Arts, 56 McMinn St, Darwin.

Time: Please arrive 15 minutes before start times. For Tuesday and Friday evenings, a light meal is provided from 5.30 pm.

Training for Facilitator Workshop:

Tuesday, 3 August, 6 – 9 pm

Wednesday, 4 August, 8.30 am – 4.30 pm

Thursday, 5 August, 8.30 am – 3.30 pm

Basic Workshop

Friday, 6 August, 6 – 9 pm

Saturday, 7 August, 8.30 am – 4.30 pm

Sunday, 8 August, 8.30 am – 3.30 pm