

Who is AVP for?

AVP is for those committed to non-violence, or disturbed by the level of violence in the world or themselves.

People like:

- pacifists and priests
- police and prison officers
- school teachers and librarians
- builders and earthmovers
- managers and employees
- politicians and community leaders
- women and kids
- mums and dads
- grannies and grandpas

Violence can be such a part of the fabric of our society that we don't immediately see it for what it is.

AVP offers workable alternatives

What others have said about AVP's Creating Peaceful Pathways workshops...

- SUPERLATIVE! The quality of this weekend has been beyond anything I've experienced in a long life with many great workshops.
- I feel strengthened by a sense of real community.
- Well-organised, informative, honest and productive.
- I feel inspired, reinvigorated, humbled.
- A sense of community and trust within the group at an incredibly deep level.
- I was made to feel so comfortable in spite of being way out of my comfort zone.
- I laughed so hard my face hurt.

... and how to find out more

- about AVP in Victoria
- about dates of workshops
- about costs
- about organising a workshop in your community

Phone: 5629 8427

5422 3349

~~9827 8644~~ 95698684

~~5470 5332~~

... or write to AVP

P.O. Box 58, Armadale North, Victoria 3143



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The Dynamite Group
Ph: (03) 9706 8341
www.dynacards.com.au
Email: sales@dynacards.com.au



**ALTERNATIVES TO
VIOLENCE PROJECT (VIC) Inc.**

... presents ...

Creating Peaceful Pathways

"AVP is an organisation of volunteers offering experiential workshops that empower individuals to liberate themselves and others from the burden of violence"

General correspondence to:
P.O. Box 58, Armadale North, Victoria 3143
RN A0036095X ABN 963 1213 7471

About AVP

Quakers started workshops in New Haven Prison, New York in 1975 as a response to prisoners' requests to learn alternatives to the violence which was all they knew. The aim was to have people discover for themselves that violent conflict can be transformed creatively. So the Alternatives to Violence Project was launched.

The need for the community-building skills that AVP offers spread to the outside community. Throughout the world today, AVP community workshops are run regularly, giving people greater choices in dealing with the violence they encounter, building hope, and making a difference to many lives.

AVP began in Australia in 1991, and now has groups in every Australian state, in ACT and in some regional centres. It operates in New Zealand and Tonga, India, United Kingdom and Ireland, Canada and the United States; in African countries such as Uganda and Nigeria, Burundi, Rwanda and South Africa; in South American countries such as Brazil, Costa Rica, Colombia and Nicaragua; in European countries including Russia, Chechnya and Kosovo.

What does AVP do?

A team of experienced facilitators offers three levels of non-theoretical, experiential workshops.

- **Basic** - covers affirmation, cooperation, community building, communication, empathy, conflict resolution
- **Advanced** - offers through consensus a selection of focus topics such as anger, fear, stereotyping, forgiveness &c.
- **Train for Facilitation** - offers hands-on training in team facilitation of AVP materials and processes.

AVP operates from the experience...

- that there is goodness in everyone
- that a power to transform violent situations is accessible to everyone

AVP builds self-esteem and a culture of peace and trust.

AVP builds communities and nourishes souls

What is AVP like?

- caring and respectful
- experiential and non-prescriptive
- cross-culturally applicable
- non-profit
- independent of political and religious affiliation
- voluntary
- grass-roots
- non-hierarchical
- empowerment through own pace involvement

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