



The AVP approach

AVP believes that:

- *There is good in everyone* (Everybody has strengths and everybody is of value)
- *We are all teachers and learners* (The facilitators don't have all the answers and are there to learn as well)
- *We learn by getting involved* (The workshops are interactive and experiential)
- *We are all volunteers* (We don't accept participants who are forced to come, and you have the right to pass during the workshop)
- *It isn't therapy, but there can be healing* (The workshops are not therapy and we aren't trying to "fix" anybody. But sometimes people find that exploring issues in a supportive environment can be part of a healing process)
- *It isn't religious but it can be spiritual* (While there is no religious affiliation or content, some people find a spiritual quality to the workshops)
- *Learning can be fun* (although we explore some pretty heavy topics, there is also a lot of humour, laughter and fun)

How can I get involved?

There are regular AVP workshops in Sydney and Newcastle, both in-person and online.

1. Check out the AVP website for more information about and workshop dates and times.
<https://avpaustralia.org/>
2. Fill out a form on the AVP NSW website
<https://avpaustralia.org/nsw/workshops-nsw/> :
 - To register for a specific workshop, or
 - To register your interest and receive invitations to upcoming workshops
3. Email: avpsydneyworkshops@gmail.com
Facebook: Sydney AVP
4. Email: newcastleworkshops@avp.org.au
Facebook: Newcastle AVP
5. Check out: <https://avp.international>

AVP in Sydney is offered in partnership with the NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS) and the Communities in Cultural Transition project.



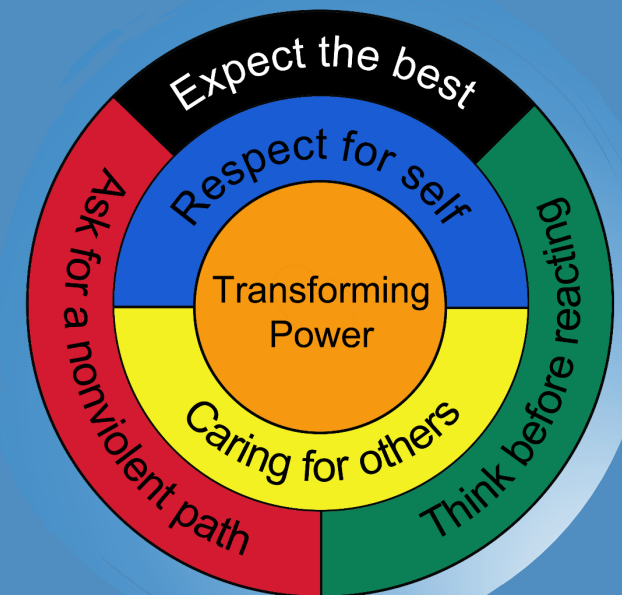
NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors



**Conflict is part of everyday life,
but violence does not have to be.**

The Alternatives to Violence Project

Workshops exploring nonviolent relationships



AVP

Alternatives to Violence Project

NSW

What is AVP

The Alternatives to Violence Project (AVP) offers practical and experiential workshops helping people transform conflict and change their lives.

AVP started in 1975 when some inmates at Green Haven Correctional Facility (New York) worked with local civil rights leaders and Quakers to develop workshops on alternatives to violence. AVP is now an international network (in over 50 countries) offering workshops in a range of settings including prisons, schools, family and community services, refugee camps, faith communities and conflict zones. AVP is now the biggest grassroots voluntary adult education program in the world.

The fundamental belief of AVP is that there is a power for peace and good in everyone, and that this power can help transform violence.

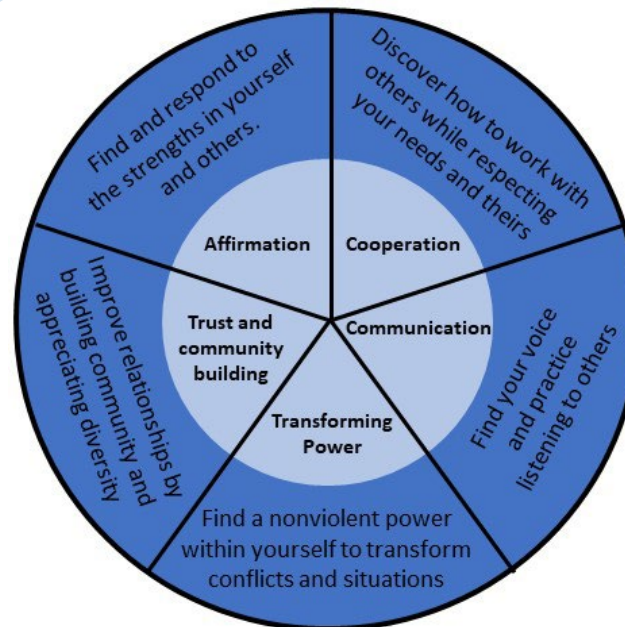


Find out more about AVP at www.avp.international



Workshops

AVP believes in experiential approaches where we are all learners and all teachers. Using a variety of interactive activities, listening to each other and self-reflection, the workshops help individual and community growth in the following areas



AVP Foundations and Outcomes

Workshop levels

There are three main levels of AVP workshops, each of which usually goes for 18-20 hours:

The Basic workshop which can help you to:

- manage strong feelings such as anger and fear
- deal more effectively with risk and danger
- build good relationships with other people
- communicate well in difficult situations
- recognize the skills you already have and learn new ones
- be true to yourself while respecting others
- understand why conflict happens



The Advanced workshop which can help you learn to make group decisions by consensus and then explore one or more topics (chosen by the group) in more depth. Common topics include fear, anger, communication, stereotyping, power and powerlessness, and forgiveness.

If you want to keep exploring nonviolence you can repeat any of the workshops (each workshop is different) or apply to do the **Training for Facilitation workshop** where you will learn skills needed to facilitate an AVP workshop.