



WHAT IS AVP

The Alternatives to Violence Project (AVP) Offers Practical and Experiential workshops helping people transform conflict and change their lives.

OUR PHILOSOPHY

- There is goodness in everyone.
- We all have the power to transform conflict.
- Its non-hierarchical
- Its isn't therapy, but there can be healing.
- Its isn't religious, but it can be spiritual.
- Learning can be fun.

HOW CAN YOU GET INVOLVED

- Find out more visit our website.
<https://avpaustralia.org>
<https://avp.international>
- Come to our peace practice sessions held second Sunday of every month from 1-3 PM at our center.
- Check out our website for workshop dates and times.
<https://avpaustralia.org>

Contact

484 William St, West Melbourne VIC 3003
<https://avpaustralia.org>
<https://avp.international>



**Workshops exploring
Peaceful Pathways to
Healthy Relationships**

OUR HISTORY

Alternate to Violence Program (AVP), that started in 1975 at Green Haven Correctional Facility (New York), is now an international network (in over 50 countries) offering workshops in varied community settings.

It was introduced in Australia in 1991, when Stephen Angell an AVP facilitator from New York ran the first AVP workshop in Queensland. AVP in Australia has been steadily growing ever since and is now a network of grass-roots volunteer organizations in each Australian state and territory. Australian AVP workshops are held in the community, schools, Prisons, and with refugees.



OUR MISSION

The Alternatives to Violence Project (AVP) mission is to empower people to build peaceful relationship with oneself and other through affirmation, respect for all, building and enhancing of community, cooperation and trust

OUR WORKSHOPS

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



The **Basic AVP workshop** focuses on self-awareness, attitudes and skills which help resolve conflicts.



The **Advanced AVP workshop** focuses on situations and factors that contribute to conflict.



The **Training for facilitator** will begin your process of becoming an AVP facilitator.



OUR IMPACT

- Affirmation - Find and respond to the strengths in oneself and the others.
- Cooperation - Discover how to work with others while respecting one's own needs and the others.
- Communication - Find one's voice and practice listening to others.
- Transforming power - Find a non-violent power within oneself to transform conflicts and situations.
- Trust and Community Building - Improve relationships by building community and appreciating diversity.