

## AVP is

- A program of experiential workshops, led by trained AVP volunteer facilitators, to help people discover in themselves new and creative ways of responding to conflict situations
- 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.

## AVP can benefit people who want to

- Have more peace in their lives
- Build and maintain peaceful relationships
- Manage difficult relationships peacefully
- Help others resolve conflicts peacefully

**AVP began** in 1975. An inmate group in Green Haven Prison, New York, was working with youth gangs and teenagers at risk, but 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 people requested more. AVP quickly grew. It became an independent organisation with no religious affiliation.

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

Introduced to Australia in 1991, AVP is a network of volunteer organisations represented in each of its states and major territories. In the Northern Territory, regular workshops have been held since 2007.

## AVP Workshops form a sequence.

The **Basic Workshop** introduces a series of activities and games to affirm participants and develop their skills in communication, co-operation, and community-building. In the process participants consider the attitudes and skills which help resolve conflicts.

Those who complete the Basic and wish to do the **Advanced Workshop** choose by consensus a topic or topics, such as fear, anger, forgiveness, to further explore and refine their conflict resolution skills.

**Training to become a facilitator** is also available.

## For some participants, highlights were:

‘The connection I felt with the whole group from the first session to the last.’

‘Connecting deeply with other people; being challenged about processes.’

‘Listening; & that process of making more room in myself for others (& accepting opening to difference).’

‘I found a way to release a lot of repressed anger, with the underlying anger exercise.’

‘Really enjoyed the process and playfulness. Really well balanced...Very impressed and excited that we have this opportunity in Darwin.’

## Basic Workshop, 18 – 19 May 2013

**Place:** Meeting Room, Frog Hollow Centre for the Arts, 56 McMinn Street, Darwin.

**Time:**

Saturday, 18 May, 9 am – 5 pm

Sunday, 19 May, 9 am – 5 pm

**Note:** Please arrive 15 minutes before start times. On Saturday a light lunch will be provided and on both days morning and afternoon refreshment.

Name: .....

Address: .....

.....

.....PC.....

Phone/s: .....

Email: .....

I would like to enrol in the Basic  
Training Workshop 18-19 May 2013

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

I wish to pay by direct credit.

I would like a tax invoice.

Please post to

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

Or email to  
avpdarwin@gmail.com

### Cost per workshop

AVP workshops, run by trained voluntary  
facilitators, are funded by the following fees, which  
can be negotiated if necessary:

\$160 for high income and/or professional  
development participants

\$90 for middle income participants

\$40 for low income and unwaged participants.

Please forward your application **by Friday, 10  
May**, so arrangements can be finalised.

Applications are processed in order of receipt, the  
workshop having between 8 and 16 participants.

### For further information:

phone 0423 836 278

email avpdarwin@gmail.com

see websites: [www.avpdarwin.wordpress.com](http://www.avpdarwin.wordpress.com)

[www.avp.org.au](http://www.avp.org.au) (About AVP) &

[www.avpinternational.org](http://www.avpinternational.org)

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



Alternatives to Violence Project

## PEACEFUL PATHWAYS TO CONFLICT RESOLUTION

### BASIC WORKSHOP

**Saturday - Sunday  
18-19 May 2013**