

How AVP Began & Grew

The Alternatives to Violence Project began in 1975. A group of prisoners in a New York prison were working with youth gangs and teenagers at risk, but they were having difficulty teaching about the consequences of violence. They sought help from Quakers to devise and run a workshop.

The Workshop was so successful that requests were received for more, and AVP was born and quickly grew. It soon became evident that the program designed for prison inmates was useful to everyone, as elements of violence are part of everyone's life. Community groups sought AVP training and workshops for the general public began.

The international AVP community now runs many hundreds of workshops annually throughout the world in prisons, school and various community settings.

In 1996 a group interested in the concepts of AVP invited AVP facilitators to run a series of workshops in South Australia. In 2000, AVPSA was incorporated as a non-profit organisation in South Australia.

AVP workshops offer a safe environment in which to explore conflict.



The key messages of AVP

- Respect for self
- Care for others
- Seek a non-violent path
- Think before reacting
- Expect the best

AVPSA

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Printing donated by 'The Printing House'



Alternatives to Violence Project

SA (inc)



www.avp.org.au

Registration Form

Name: _____

Email Address: _____

Postal Address: _____

Phone: _____

Date of Workshop: _____

Special dietary or other needs: _____

I can't participate at present, but please add me to the mailing list

Return to: AVPSA, GPO Box 626
Mitcham 5062

There is no expectation that people who choose to participate in a Basic Workshop commit to more than a single workshop.

For people who choose to go on and participate in Advanced and Facilitator Training Workshops, there is no expectation about the time frame in which the workshops must be completed (ie. the three workshops do not need to be completed in the one year)

The Basic Workshop

The basic AVP Workshop focuses on primary conflict resolution skills using step by step group exercises and experiences. The emphasis is on:

- Affirmation: building self esteem
- Communication: improving listening skills and assertive expression
- Cooperation: developing cooperative attitudes that defuse conflict
- Creative conflict resolution

Advanced Workshop

The Advanced Workshop focuses on underlying causes of violence, which include things such as:

- Fear
- Poor Communication
- Stereotyping
- Lack of forgiveness

Facilitator Training

Workshops are also run to train AVP facilitators. Participants must have completed an Advanced Workshop.

AVP
S.A.

Workshop Times

Participants are expected to attend the entire workshop.

Saturday 9am - 8pm
Sunday 9am - 5pm

Venue

Darling House
AIDS Council of SA Conference Room
64 Fullarton Road
Norwood (enter off side street)

Cost

Workshop fees are structured as donations:
A high earning participant might contribute \$90, a middle income earner \$65, & a low income earner \$40. Participants assess themselves.

Costs cover light refreshments during the day and a shared evening meal on Saturday.

Please bring a simple lunch to share on Saturday and Sunday.

Mission Statement

AVP is an all-volunteer organisation offering experiential workshops that empower individuals to liberate themselves and others from the burden of violence.

Our fundamental belief is that there is a "power for peace" in everyone, and that this power works through individuals to transform violence. AVP has a base of respect and caring for self and others.