

Some comments from participants...

"It showed me a different way of dealing with violence and life."

"Sharing and listening to people's stories was so special. I have seen so much beauty, honesty and humour. I feel privileged to have been here."

"It was a different approach. We dealt with difficult issues in a light-hearted way. We had good fun and built a community."

"The workshop has shown me that I can break the cycle of violence in my life and I've learned that there IS another way."

"Empowering, supportive, motivating. This workshop gave me more self confidence and insight about my personality."

"I learnt to work as part of an effective leadership team, and developed self confidence as a leader."

"The workshop was fun. I feel way better about myself than I did last week."

How AVP began and grew...

The Alternatives to Violence Project began in America in 1975. A group of inmates at Green Haven Prison in New York noticed that many young men kept reoffending, and were struggling with violence in their lives.

The inmate group asked the Quakers, responsible for organising the Peace Marches at the time, to help them communicate the consequences of violence. Together, the inmates and Quakers organised a workshop to help the young men find new ways to deal with violent situations.

The workshop was successful, more workshops were requested, and AVP was born and grew. Workshops spread into community and school groups. AVP is now an independent organisation, with no religious affiliations.

AVP is a worldwide organisation, conducting hundreds of workshops across the world each year. AVP has held workshops in many countries including Africa, Afghanistan, Palestine and Central America.

Workshops are conducted in all Australian states. Currently in WA, we have active groups in Perth and the Kimberley.

AVP workshops are powerful community building processes that offer an alternative perspective on conflict and violence.



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Peaceful Pathways to Conflict Resolution



Alternatives to Violence
Project WA (Inc.)

www.avpwa.org

The Alternatives to Violence Project (AVP) is a volunteer, not for profit organisation that holds conflict resolution workshops in prisons, schools and with community groups.

AVP is based on the belief that there is good in everyone. We believe there is a power for peace, and this power has the ability to transform people and situations.

Workshops can be deep, sometimes challenging experiences. They can also be fun. Workshops are experiential, giving people opportunities to discover in themselves new and creative ways of responding to conflict.

We offer three levels of workshop: basic, advanced and training for facilitators. Workshops are led by teams of trained volunteer facilitators, who have completed all three workshops themselves.

Ideally, workshops are held over two full, or three shorter consecutive days.

HIPP (Help Increase the Peace Project) is the young people's program of AVP. HIPP workshops are offered to interested schools and groups to give young people the opportunity to build conflict resolution and leadership skills. There is also a Youth Program which is conducted in high schools.

www.avpwa.org

Basic

The basic workshop explores a series of themes, such as

- **Affirmation** – building self esteem and trust.
- **Communication** – improving listening skills and how to communicate assertively.
- **Cooperation** – learning how to work in teams and avoid competitive conflicts.
- **Community building** – building a community that acknowledges differences and recognises similarities.
- **Trust** – learning how to develop trusting relationships, and trust others and ourselves.
- **Conflict resolution** – exploring creative ways of dealing with conflict.

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Advanced

If you liked the basic workshop, you can go on to do an advanced workshop.

In the Advanced workshop, the participants work together to choose one topic by consensus. For the rest of the workshop, we explore that topic in more detail.

Some themes that are often chosen are: fear, anger, communication, stereotyping, forgiveness, and power.

Training for Facilitators

Some participants may be invited to join the training for facilitators workshop.

In this workshop, participants work in groups to facilitate a section of the workshop, and receive feedback.

This workshop is a good opportunity to challenge yourself and develop leadership skills.

