

AVP WA NEWSLETTER JANUARY 2024



Workshops for February to April 2024

Feb 13 – 15: Bunbury Prison Basic
Feb 17 – 19: Acacia (Protection) T4F
Feb 26 – 28: Wooroloo Advanced
Mar 12 – 14: Karnet T4F
Mar 16 – 18: Acacia (Mainstream) Basic
Mar 25 – 27: Wooroloo Basic
April 6, 13: Community Basic Mount Lawley
April 9 – 11: Bunbury Prison PRU Basic
April 16 – 18: Karnet Basic
April 20 – 22: Acacia (Mainstream) Basic

Bring a Friend Day and AGM

Mar 9: Quaker Meeting House

Bring a Friend Day and AGM

We are very excited about our impending **BRING A FRIEND DAY** on **Saturday 9th March**.

This is a wonderful opportunity for our friends to have a little taste of what this AVP thing is all about.

We will make your friends very welcome with **Pizza** and other goodies, so please invite one or more friends to join us for a couple of hours of **AVP style fun and sharing**. We promise not to pressure them into signing up for a workshop (although of course we will have a registration form available just in case!)

The **Bring a Friend Day** will be closely followed by the excitement of the **AVP WA AGM**, which I KNOW you are all hanging out for! Jim (our eminent Chairperson) will send out a notice with more details about this soon.

When – Saturday March 9th

Where – Quaker Meeting House, 35 Clifton Street, Mount Lawley

Agenda – 12.00 – 12.30 Pizza Lunch

12.30 – 2.30 Fun and Sharing AVP style

2.30 – 3.00 Afternoon Tea

3.00 – 3.30 AGM (visitors can make themselves comfortable in the house, or make use of the beautiful surroundings out the back of the house for the duration of the AGM.)

Welcome to Jacob Gunnink

Jacob has been an enthusiastic and valued facilitator since May last year, and we warmly and enthusiastically welcome him as an equally valued member of the committee. His vitality and passion for AVP is an asset to AVP, and we look forward to his much appreciated input in the months to come.

WELCOME JUST JACOB! 😊

Facebook

Those of you who engage with Facebook will notice a quote each day on our Alternatives to Violence Project WA page. These are intended to reflect AVP's philosophy, focusing on kindness, peace, compassion and other relevant AVP core values.

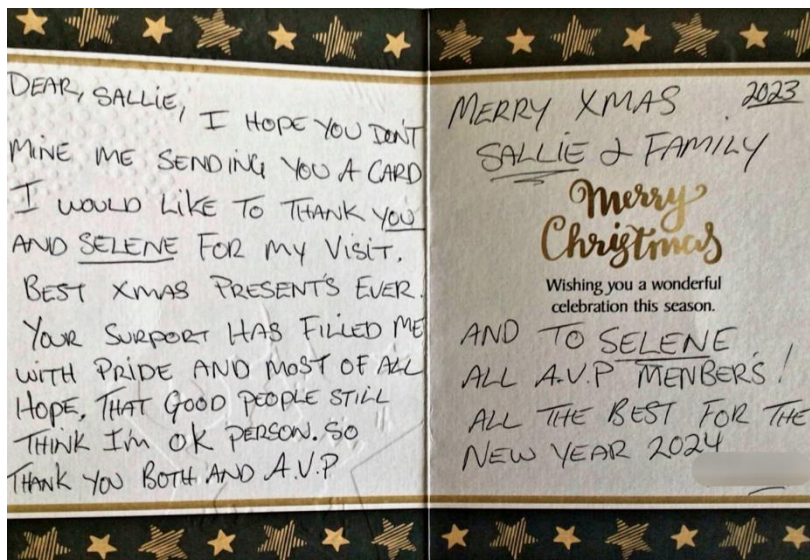
You are invited and encouraged to engage with the posts if you feel inclined to, and to open a conversation about the quotes.

Christmas Card from an inmate facilitator

One of our experienced inmate facilitators at Bunbury Regional Prison was unexpectedly transferred to Albany Regional Prison a few months ago. We only discovered this upon booking a workshop prep at BRP in November. Sallie and Selene visited this inmate at ARP in December, and he was thrilled we took the time to visit him!

A week later, Sallie received this card in the mail. 😊

What a wonderful affirmation that by continually believing in these men, we are truly making a difference in their lives. A fine example of Transforming Power in practice.



What changes do I see in J since he started being involved with AVP?

Recount from an ex-inmate facilitator's friend

- More consistency in communication
- More consistency in values and priorities
- More purpose in leading/directing relationships
- More consistent representation of his own personality
- Less emotional/aggressive swings in behaviours
- Perseverance in daily routine and activities (as a result of emotional stability)
- More problem solving and negotiation in communication

I have known J since 2014 (9 years). I always loved the fire and energy that he could convey towards me and other people. It could have been enthusiasm, encouragement, fun, insightful conversation or actual physical help with something. Later I realized, that *he* can be overly compliant; gives himself in fully to my or other people's ideas. Then when he becomes tired of it, he liberates himself with quite an aggressive outburst which comes to the other party as a complete surprise, as it seemed that we were both having fun up to that moment.

I had a good understanding of J's childhood trauma. It helped me be patient with him. Our communication was usually successful without big emotional arguments – and we were proud of that. J told me that he could not fully trust anyone. I felt this in those situations when I gave an explanation of my behavior/motives, and he was incapable of accepting it. He was convinced that I have manipulative or malicious intent “experimenting with his mind”.

J did his first few AVP courses in prison, and it was an excellent timing. He was free of heavy substances, and needed a new inspiration to put himself together with sober re-evaluation of values. On the basis of what he told about AVP mood and exercises; I believe that AVP was a major contributor to his successful re-adjustment to life after his release.

I think the AVP activities helped him:

- Evaluate his priorities and values
- Realize some worthwhile and constructive goals and directions for his life after release. (AVP was an available help and accessible community after his release, and everything was in place by the time he was out to access this opportunity.)
- See that human relationships can be inspiring, acceptive and life-giving (It changed the pattern of many failures when he was judged by his appearance or substance use.)
- Enjoy an atmosphere where his fun-loving, theatrical, and creative self could not only strive but actually has been encouraged to be utilized.
- Gain confidence in keeping his boundaries, like saying ‘no’ or rejecting being rushed in crucial situation when a tension would lead to breakdown or aggression.

Communication and community involvement was always important in J's life, but he could not really find a platform and form for that. AVP offered a language, a set routine, and a group of people with whom J found resonance in values and communication style.

My relationship with J changed in a way that he communicates his motives and wishes much clearer and without such intense emotions. He trusts me more that I will comply with his will even if he is not pushing it with such force; ‘don't dare to disagree with me’ aggressive attitude. I still see the traces of his past, but it is at a manageable level. (E.g. asking “When are we going out?” instead of “I would like to go out.”) I do not see anymore his paranoid mistrust, or he tells me when he suspects that I have hidden motives. He can say ‘no’ in other words keep his boundaries in a way that actually I feel honored that he trusts me that I can handle his ‘no’. The constant acceptance of feelings (good or bad) made our everyday life relaxed. I feel that I can rely on J's self-control and clear communication. We can solve problems together.

Editor's note

An AVP WA newsletter is published monthly. If you have any news, photos, inmate contributions or new things you've tried in workshops, please send them to Selene, our newsletter editor.
selenemoonbeams@gmail.com

Need more information?

For details of upcoming workshops or facilitator days, to volunteer to help facilitate a workshop, or just to find out more about AVP, please contact Selene, our administrator.
avp.wa1@gmail.com