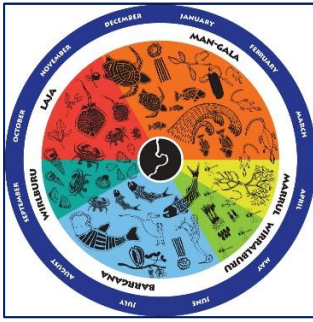


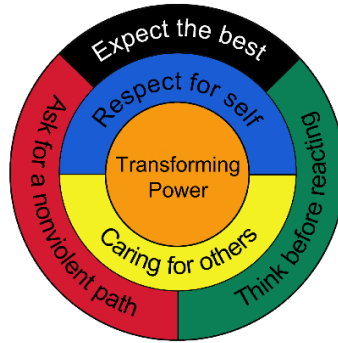
AVP WA NEWSLETTER MAY 2024



Mandala of the seasons as depicted by The Yawuru people who are the traditional owners of the lands and waters in and around Rubibi (the town of Broome)



Mandala of the seasons as depicted by The Noongar / Bibbulmun people who are the traditional owners of the South West of Western Australia.



May workshops

- May 2, 3: Broome Men's Outreach Basic
- April 20 / May 19: Acacia Protection Basic
- May 20 – 22: Wooroloo Prison Farm Basic
- May 25 – 27: Acacia Mainstream Advanced
- May 25 – 27: Wooroloo Adv (Cancelled by the prison)

Upcoming Workshops

- June 1, 8: Community Advanced Mt Lawley
- June 11 – 13: Bunbury Prison Advanced
- June 15 – 17: Acacia Mainstream T4F
- June 17 – 19: Wooroloo Prison Basic
- June 29 – July 1: Acacia Protection Basic

Facilitator Days

- June 1: Acacia (Protection AM, Mainstream PM)
- June 5: Wooroloo Prison Farm AM

Celebrating 30 years of Alternatives to Violence Project in Western Australia.

Saturday 28th September 2024

This will be held at the AISWA (Association of Independent Schools of Western Australia).

This is a very significant milestone in the evolution of AVP in Western Australia, and we hope all who have been associated with AVP since 1994 will join us in celebrating our huge achievement.

More details in the coming months.



ANXCITED – Word of the day from Party Pat at Wooroloo

During day one workshop check-in, Party Pat who was facilitating his first workshop, said he was both **excited and anxious**. In acknowledging both feelings as equally valid, we decided on the word **Anxcited**, which became a frequently used word throughout the workshop, and helped PP feel validated and accepted.

Breaking the cycle of violence

Selene Moonbeams

In a recent Karnet prison workshop, a participant changed his initial gathering statement which went something like... "My grandfather was a criminal, my father was a criminal, I'm a criminal, and when I get out, obviously I'll commit more crimes." I challenged him to find another word to replace "obviously", and by the end of the workshop, he told me with great delight that he had come up with a new word. The word was "possibly"!

This man has an 18 year old son. He said he was looking forward to getting out and showing his son the mandala, and reconsidering the flick knife he had given his son for his 18th birthday to protect himself. He said "It's time to break the cycle of violence in my family."

This was a profoundly moving moment for me to witness.

Group guidelines (from a recent Acacia Mainstream advanced workshop)

- Common respect.
- What we talk about stays here.
- No judgement.
- Right to pass.
- Don't hold the mike.
- Don't take anything personally or make stabs at others.
- Support each other.
- Read the room.
- Pick someone up when they're down.
- Look after yourself.
- No "C" word in front of ladies.
- Be punctual.
- Don't interrupt.
- No side conversations.

Letter to Self at Any Age

At a recent workshop, we decided that rather than being prescriptive about writing the reflection letter to our teenage selves, that we would invite participants to write to themselves at any point in their lives that felt significant to them. This allowed more scope and, although many of the men wrote to themselves as teenagers, one wrote to himself on his death bed, one to himself in five years time, and one to his current self. This is his letter.

Dear T. Remember to enjoy life through all the happiness and sadness. Never give up. Do your best to let go of the past that haunts you, but also build a better future for yourself and others through your actions today. Finding the meaning of life and a higher purpose is of course extremely difficult but it's alright even if you don't find the answers. You choose to make what you will of this life so live it as close as possible to the way you wished it to be. Settle for noting less. Hopefully you will continue to bring joy and happiness and make the world a better place.

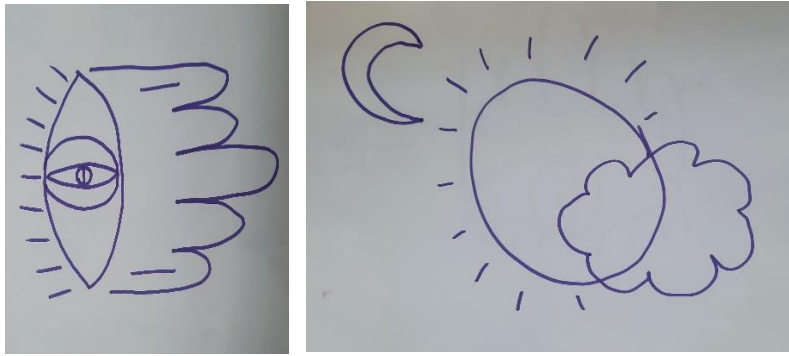
Community Facilitator Day – Saturday 11th May

Superstar Selene

We had a fantastic Facilitator Day on the 11th May. We tried out a few new exercises such as *Broken Pictures*, *Responses to Anger* and *You Rock*, considered some recommendations from recent workshop reports, had a great laugh creating *Unfolding Stories*, and enjoyed a magnificent lunch beautifully catered by Sue.

I'm really looking forward to sharing more with you all in the future. 😊

UCIC pictures from Wooroloo



Advanced workshop activity – Responses to Anger

This activity evolved during a recent Advanced workshop at Acacia Prison, and resulted in some very useful discussion about anger and how we deal with it.

Purpose

To reflect on the sorts of things that make us angry, and our responses to these things.

Materials

Worksheet, clipboard and pen for each participant.

Sequence

- Introduction – Anger is a basic human emotion which is neither positive or negative. It is a part of our range of emotions and is a legitimate feeling. It is how we respond to and express anger that can cause problems.
- “Anger is often associated with frustration. Anger may arise when things don’t happen the way we want or people don’t act the way we would like. It’s usually a reaction to a ‘trigger’ event or emotion, which can include feeling embarrassed, guilt or shame, jealousy, stress and a host of other reasons.” mensline.org.au
- Have a general discussion in the group about the sorts of things that make us angry.
- Hand out worksheets, and ask the participants to reflect on three things that make them angry, then consider constructive and destructive responses to this feeling of anger.
- Either divide into small groups for sharing, or share in the large group.
- Invite participants to share what they have written.

Processing

- *What unmet needs or wants might be underlying people’s anger?*
- *When might anger become destructive?*
- *What sort of techniques can we use to help us manage our anger, so it doesn’t become destructive? (eg. Time out, Count to 10, Controlled breathing, Talk calmly to yourself, Reframe the situation, Distract yourself, Talk to someone you trust, Do something creative)*
- *When might anger be a useful or constructive emotion?*

Responses to Anger worksheet (Headings only)

Things that make me angry	Destructive responses	Constructive responses
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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