

AVP WA NEWSLETTER JULY 2025



July and August Workshops

July 1 - 3: Bunbury Regional Prison T4F
July 12: Part 2 of the Community Advanced
July 15 - 17: Karnet Prison Farm Basic
July 10 - 21: Acacia Mainstream Advanced
July 28 - 30: Wooroloo Prison Farm Basic
August 2 - 4: Acacia Protection Advanced
August 4, 5: MOSAC Broome Basic
August 6, 7: Nirrumbuk Broome Youth Basic
August 11,12: MOSAC Broome Advanced
August 12 - 14: Karnet Prison Farm Advanced
August 18 - 20: Wooroloo Prison Farm Basic
August 23 - 25: Acacia Mainstream T4F



Australian National Gathering 14 – 17 August 2025 in Newcastle

Planning is well underway for this year's ANG in Newcastle.

We are very keen for as many people as possible to participate in the gathering in some form, so we are offering several opportunities for people all over Australia to join via Zoom if they can't be there in person. If you are a facilitator, or have completed at least a Basic workshop, you will be very welcome to join any of the hybrid (Onground + Zoom) sessions.

The sessions are planned for the following (WST) times:

Friday 15th 7.00 – 8.30 am and 5.00 – 6.30 pm

Saturday 16th 12.00 – 1.30 pm and 2.00 – 3.30 pm

Sunday 17th 9.00 – 10.30 am

The programme has not yet been finalised, but may include topics such as restorative practices, empathy, groundings, workshop challenges, trauma, shame and cultural identity.

I'll send more information on topics for each session as soon as things are finalised, including a zoom link for the sessions.

It will be great to see many of you online if you choose to participate.

United Nations International Day of Peace

Sally Herzfeld

A celebration of the International Day of Peace will be held at the Darlington Hall on the 21st of September from 3.00 until 4.30 pm. There will be entertainment inside the hall and, if it's not raining, we'll do the Maypole, the Tug of Peace and Circle Dancing outside. We'll also plant a tree and take a photo of everyone holding their banners.

If school children would like to contribute to a booklet called 'Our Kids Care' they could write or draw about a problem or disagreement they solved peacefully.

Please send these and any item ideas to Sally before 21st August. alisonherzfeld@gmail.com

Transforming Power to me

KK – Bunbury Regional Prison

I find that TP is a set of tools or a skillset that I have to refine with regular use. I try not to assign any spiritual or religious figures or names to it.

Personally I believe that the driving force of TP is us. If I go into a situation consciously practising TP, I know that I'll never use violence.

I cannot control others' actions, only my own.

TP is a tool used to put positivity into the universe.

Only you can decide what you may be willing to give up to choose a non-violent path, be it ego, pride, etc. But TP can help you to decide.

Letters to Self

To young B,

I just want to let you know you have a lot of potential and you can really succeed in life if you commit to whatever you want to be. You are the only one in control and you can achieve anything but you have to be there for you. Always respect yourself and love yourself so then you can give the best of yourself to the people around you and be aware of drugs because if you get addicted to them they can take everything from you.

Always be strong because you are Brilliant B!!

To 15 year old me.

Don't take life for granted. Appreciate the small things in life. Drugs do not solve problems. Learn to walk away from situations you don't have anything to prove to anyone. You only have one life so don't waste it spending time in jail.

Talk about things don't let them build up it's not weakness. Think before you do! xoxo

To 15 year old you

Don't sweat the small stuff.

Almost everything works itself out in the end.

Time is precious use it wisely.

Never wait to do something you enjoy otherwise you might never get there or to do it. Xxx

Negative things – don't do drugs and finish school.

Positive things – your going to have children and grandkids so please change your ways and be more positive in your life.

Letter to my teenager self

I wish I would of completed all my highschooling, not smoked dope, maybe a little drink now and then, watched who I hung around with, stop hanging with criminal peers while they're doing crime. Being the better me I guess I wish I could turn back time but we can't.

Drugs and crime isn't cool or important.

Respect, love and loyalty is what you will crave the most and what you will want to be surrounded by. Work smart not hard and love and protect those that matter most to you.

To myself, there is certain things I've learnt here that I plan on using in the future that will help me to grow and keep moving forward.

To my teenage self.

I wish I stayed in school and listened to my old man and said no to drugs.

I wish I knew the things I know now back then!

Letter to myself.

To the young me please stay on the right path and pick better role models to look up to and better company.

Look after your two little brothers better and stay home instead of going out for months on end. Keep playing rugby and teaching your brothers and show them the right way in life.

Letter to my teenage self

Stay in school and off the drugs.

Stay away from criminal peers and keep playing footy and working. Save money. Get my licence and other qualifications to help get employment.

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 our newsletter editor Selene.

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 our administrator Selene.

avp.wa1@gmail.com