

AVP WA NEWSLETTER NOVEMBER 2025



Upcoming Workshops

Nov 18 – 20: Bunbury Regional Prison Advanced
Nov 22, 29: Community Basic
Nov 25 – 27: Karnet Prison Farm Basic
Nov 22, 29: Community Basic (Mount Lawley)
Dec 1 – 3: Albany Regional Prison Basic
Dec 2 – 4: Wooroloo Prison Farm Advanced
Jan 10 – 17: Community Basic (Darlington)
Jan 6 – 8: Albany Regional Prison Advanced



Community End of Year Gathering Sat 6th December

The end of the year is approaching already!
It is important to celebrate our achievements
during the year as well as take the
opportunity to catch up with fellow
facilitators, and to meet others who may not
yet have experienced an AVP workshop.
For those we haven't seen for a while it's a
great chance to re-connect.

Please come along if you possibly can, and
bring family and friends to celebrate with us.

*For catering, please let Sue know you
are coming by 3rd December.*

Email: susan.mulholland@bigpond.com

Text: 0419 100 991



End of Year Gatherings at Acacia and Wooroloo

These gatherings are very important to our inmate facilitators who don't have much opportunity to celebrate, so please come along if you can. (Prison clearance needed).

Please let Selene know if you intend to come.

Sat Nov 29 – Acacia Prison

Wed Dec 10 – Wooroloo Prison Farm

BASIC WORKSHOP OPPORTUNITIES

If you have not yet experienced the magic of an AVP workshop, or would like to experience it again, or have a friend / family member / colleague who might like to experience it, NOW IS YOUR CHANCE!

*We have **TWO BASIC WORKSHOPS** coming up.*

November 22nd and 29th in Mount Lawley

AND

January 10th and 17th in Darlington

Please contact Selene at avp.wa1@gmail.com for more information or to sign up for one of these workshops.

There is no obligation to become a facilitator, but this option is open to you, and those who eventually facilitate in prisons, find this a most rewarding volunteer role.

Facilitator Testimonials

<i>Working as a facilitator for ten years has been life affirming for me. Whatever our lived experience, there is much common ground and learning from each other within each workshop.</i> <i>Sallie</i>	<i>Facilitating AVP sessions in 6 different countries and in Outback Australia for 23 years has been a wonderful experience. It has taught me to be positive and look for the good in all situations.</i> <i>Sally</i>	<i>Working as an AVP team facilitator has been a wonderful experience. I have gained confidence, new friendships and I learn something new each workshop.</i> <i>Jim</i>
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Facilitator's reflection

just Jake

People pissin' you off? Do they not listen, do they only hear what they expect to hear? Do they make unreasonable demands, do they talk down to you, or dis-respect you in some other way? It seems everybody has these problems, and I sure as hell do too.

I spent 2 1/2 years in prison 'cos I lost my cool with 'idiot people', and when I got out they were still doing the same thing. But I wasn't.

I had used my time behind bars to figure out what needed to change, and how to do it. 'Idiot people' would never change just because I told them to, so change depended on me. I did classes of all sorts; Cognitive Behaviour Therapy, 'Mindfulness', Drugs and Alcohol; I did counselling, bible study, and meditation; and they were all helpful, they all gave me a better idea of what I needed to do, BUT. I'd

have my mind made up; all powerful and decisive, all full of good intentions, all raring to have a go in the big wide world, but I couldn't do it alone.

Time and time again my resolve failed. I had no chance against a world full of idiots.

Then I did a coupla AVP workshops, and hope began to grow. I spent time with fellow inmates who were also looking for 'the Big Change', and with their help and a little guidance from AVP facilitators, I began to actually think, and speak, and act the 'Big Change'.

Little by little my mind relaxed. Little by little my fears subsided, and little by little my life began to manifest health and happiness. 'Expect the Best' was no longer just an AVP pipe-dream, but a liberating, empowering reality. My parents, and siblings, partner, workmates, and friends began to get on-board with the exciting new way of thinking. Even the screws (prison guards) began to show interest, and we had some very cool conversations about AVP and it's core values.

I only had a few weeks of this, before I was released. My full prison sentence served, I was now given the opportunity to do it on my own.

But I knew that I had no chance. Buckley's. I needed the support of people who were on the same page as me, so I contacted AVP immediately.

Having done my Training for Facilitators workshop a week before my release date, I was able to join the AVP team in it's full glory. As many workshops as I could do; as facilitator or a participant; I was there.

Having experienced AVP magic firsthand, my family and friends knew how important this was for me, as well as for them, so they started to join my AVP crusade. Before I knew it they started to speak and behave in the more positive, hopeful, caring, and pro-active way which AVP models.

Some of them came to Community workshops, and got involved in whatever way they could. Meeting the AVP team personally gave them a greater understanding of how they could support me, and how they could help themselves.

So, here I sit now, with 2 1/2 years of AVP under my belt, about to attend another AVP workshop with my partner, (on a Saturday morning!) I'm still learning, she's still learning, and our life together is still getting better. I've had no run-ins with the law, I'm sober, and my relationships stronger than ever.

Because I'm not doing it alone.

No crap, I can't emphasize this enough; teamwork, teamwork, teamwork; if you are still in prison I urge you to get a team around you BEFORE you are released. If you are in the community, find a team which has proven it's effectiveness, get onboard, and stay aboard.

We all have differing lives, differing time which is available, and differing backgrounds. But we all want better. We want the best, but to expect the best you need to have the best, and to my 47 years of life experience there is no better than AVP. I don't get paid for this, so there must be a bloody good reward in it for me somewhere, right? Right.

Come and find it for yourself!

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