

AVP WA NEWSLETTER JANUARY 2026



Jan / Feb Workshops

Jan 10 – 17: Community Basic (Darlington)
Jan 10 – 12: Acacia (Mainstream) T4F
Jan 20 – 22: Karnet Basic
Jan 27 – 29: Albany Regional Prison Adv
Feb 2 – 4: Wooroloo Prison Farm Adv
Feb 10 – 12: Karnet Prison Farm Adv
Feb 14 – 16: Acacia (Protection): Basic
Feb 23 – 25: Wooroloo Prison Farm T4F



Bring a Friend Day (BAFD) and AGM – Sat Feb 21st at Mt Lawley

At our annual Bring a Friend Day, we will consider some of the fundamentals of AVP. What makes it work? The importance of teams and the variety of activities.

So if you have any friends or family who may be interested bring them along.

10.00: Morning tea

10.30 – 2.30: BAFD (including lunch)

3.00 – 3.30: AGM

Lunch and morning tea will be provided.

To help with catering, please email Selene if you intend to come.

avp.wa1@gmail.com

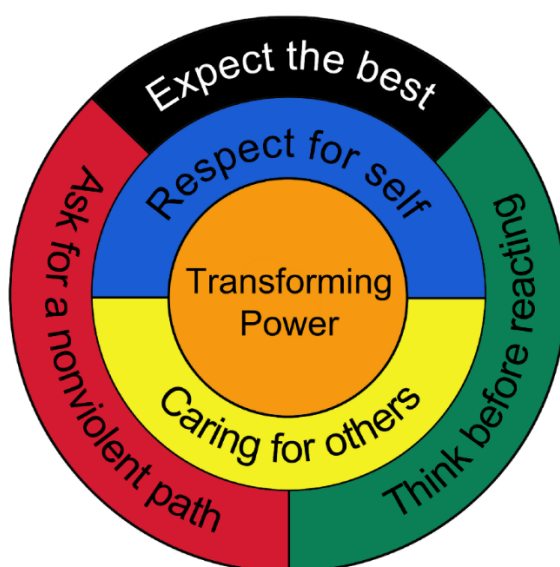
You will be very welcome to stay for the AGM at 3.00 after the BAFD.

January Basic – March Advanced

January's Community Basic workshop was a great success, and planning is already underway for the next Community Advanced over two Saturdays (7th and 14th March). If you have completed a Basic workshop in the past, you should receive an invitation to attend the March Advanced over the next couple of weeks. If you don't, and would like to be considered, please contact Selene avp.wa1@gmail.com



Comments from the Basic
<i>I felt it had a young youthful feel about it and openness. I felt completely relaxed around my fellow support people and it was really enjoyable to see people share and get so much out of it and so many being willing to come back for part two.</i>
<i>It was a team effort to make sure we had fun, by a wide variety of participants. I was only there the first day, but I got the sense that people made a really big effort to enjoy and share joy.</i>
<i>We had a rich and fulfilling workshop. The age range was 17 - 74 and we had deep discussions and lots of fun.</i>
<i>Great session, very alive!</i>
<i>I loved the affirmation and concentric circles exercises to practise communication and connect with others.</i>



Editor's note	Need more information?
<p>An AVP WA newsletter is published monthly.</p> <p>If you have any news, photos, inmate contributions or new things you've tried in workshops, please send them to our newsletter editor Selene.</p> <p>selenemoonbeams@gmail.com</p>	<p>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 coordinator, Selene.</p> <p>avp.wa1@gmail.com</p>