

AVP WA NEWSLETTER FEBRUARY 2026



Upcoming Workshops

- Feb 14 – 16: Acacia (P): Basic
- Feb 23 – 25: Wooroloo T4F
- Mar 7, 14: Community Adv
- Mar 7 – 9: Acacia (M) Basic
- Mar 17 – 19: Bunbury T4F
- Mar 24 – 26: Bunbury PRU Basic
- Mar 28 – 30: Acacia Basic



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, please bring them along.

10.00: Morning tea

10.30 – 2.30: BAFD (including lunch)

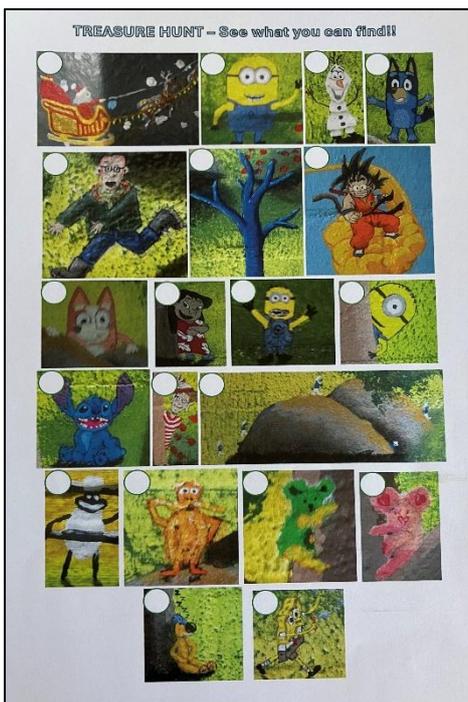
3.00 – 3.30: AGM

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.



Artwork at Wooroloo Prison Farm

Michael, one of our AVPer's in Wooroloo Prison Farm, is painting detailed, colourful and attractive landscape scenes on the walls of the Visits Centre.

As part of the project he has included semi-hidden little treasures for children to find when they visit.

It's a great activity and one that also amuses AVP facilitators when they visit!

Transforming Power Revisited

Responses from *TP Quartets* in a recent Karnet Prison Farm Advanced workshop.

<p><i>What does Transforming Power mean to you?</i></p> <p>A way of reducing conflict. Finding different solutions Think first. Transform a bad situation to a good outcome. Turning negatives into positives. Helps to create solutions. Helps to change our behaviour. Helps to gain an understanding of ourselves. Giving someone else the reins. Self awareness. Self respect. Triggers. Morals. Disrespect. Growth. Responsibilities. Acceptance. Maturity. Honesty.</p>	<p><i>What triggers a violent reaction in you personally?</i></p> <p>People getting in your face. Lack of respect for others. Being forced to be mediator observing abuse. Injustice. Being backed into a corner. Being lied to from someone you trust. Someone hurting your family or friends. Past family violence / trauma. Drugs / alcohol. Lack of trust. Jealousy. Financial stress. Put on a show. Fear. Family first. Self defence.</p>
<p><i>How can / has the mandala help/ed you?</i></p> <ul style="list-style-type: none"> • Think before acting. • Listening to others. <ul style="list-style-type: none"> • Respect for self. • Expect the Best in people. <ul style="list-style-type: none"> • Better alternatives. • Think before act. • Think of consequences. • Help to put your ego aside. <ul style="list-style-type: none"> • Helped to stop and think. • Helps to take a non-violent approach. <ul style="list-style-type: none"> • Helps to gain perspective. • Make best of the situation. • Gives tools & skills on how to combat situations where violence would be the usual reaction. <ul style="list-style-type: none"> • Accepting of others. • Personal growth. • Self regulating. 	<p><i>What prevents the mandala from working for you?</i></p> <ul style="list-style-type: none"> • Stress. • Impatience. • Self-defence as in being attacked. • The only thing that prevents it from working is ME! <ul style="list-style-type: none"> • Fear of weakness. <ul style="list-style-type: none"> • Pride. • Ignorance. • Lack of self awareness. <ul style="list-style-type: none"> • Dishonesty. • Corruption. • Government. <ul style="list-style-type: none"> • Judging. • Faith. • Religion. • Bullying. • Race.

Aliens – Emotional Intelligence

Sustainable Selene, Jumping-in James, Gentle Jason and Jagging Johnno

At a recent Advanced workshop at Karnet Prison Farm, the participants chose Emotional Intelligence as their theme. This posed an interesting challenge for the facilitators, as there are no explicit recommendations in the manuals for exercises on this theme.

However, with some careful consideration, we managed to present some very worthwhile exercises which led to some meaningful and deep exploration of the topic, and we were very grateful for the challenge.

As an initial exploratory exercise, we did *Aliens* where four Aliens landed on Earth and each asked a small group of Earthlings what Emotional Intelligence means, as they had never heard of the expression. The following is a summary of what they learned.



- ♥ Reading the room and fitting into what I see.
- ♥ Feelings when things go wrong.
- ♥ WHY we react / do what we feel / show anger, sad, happy, etc.
- ♥ Being aware of feeling and thoughts and how we react.
- ♥ Bad reactions – yelling, violence, not constructive.
- ♥ Good feelings – happiness etc.
- ♥ All feelings are ok – it’s what we do as a result that is good or bad.
- ♥ We need to feel bad in order to feel the good.
- ♥ Putting yourself in other people’s shoes – empathy.
- ♥ Understanding other people’s point of view.
- ♥ Being able to express your emotions and understand why you feel that way, even though you may be judged, or fear being judged.
- ♥ Thinking about how you’re feeling before expressing – break it down.
- ♥ Sometimes you need to keep to yourself if it’s not socially acceptable.
- ♥ If you feel a certain thing, you may need to be tactful, and you should teach your kids this.
- ♥ Every action has a reaction – be prepared for a reaction if you are going to express an emotion.
- ♥ You can grow your EI by going to counselling / psychologist.
- ♥ Reasons people have good or bad EI – upbringing (“Stop being angry!”, “I’ll give you something to cry about!” etc), autism, bullied so shut down or retaliate negatively, personality.
- ♥ We can learn to express our emotions more effectively with the right support.
- ♥ Ability to walk away from negative emotions.
- ♥ Ability to control one’s emotions and feelings in an emotional situation.
- ♥ Having the ability to help others people with their emotions.
- ♥ If you have been through something and someone else is going through that, you can pick up on it easier (empathy).
- ♥ How you deal with setbacks or low times.
- ♥ A useful tool to live by.

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 Coordinator Selene.

avp.wa1@gmail.com