AVP WA NEWSLETTER SEPTEMBER 2026

Upcoming Workshops

Sept 19 – 21: Acacia Mainstream Basic
October 5 – 7: Wooroloo Prison Farm Basic
October 10 – 12: Acacia (M) T4F
October 17 – 19: Acacia (P) T4F
October 26 – 28: Wooroloo Prison Farm Advanced
October 31 – November 2: Acacia (M) Basic

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October Facilitator Day

Saturday 3rd October

35 Clifton Crescent, Mount Lawley

Starting at 10.00 for morning tea, finishing at 3.00pm.

Lunch and morning tea provided.

We will be exploring a number of themes:

~~~ How can we improve our marketing to ensure we get community workshops off the ground? ~~~
~~~ Would a T4F condensed manual be a useful tool? ~~~
~~~ Considering some recent workshop recommendations. ~~~

Please come along if you can and let us know for catering purposes.

These days are great for improving our facilitation skills but also for strengthening the AVPWA community.

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Letters to Teenage Self

I know you are a nice guy and respectful. But I am writing to you from the prison and I would like to give some advice to keep yourself safe and healthy and trusted.
Always think first before you act. It's very important to think. Remember that.
Don't hurt anyone. Try always to find a solution to solve the problem and remember there is always a choice.
Don't use the violence as a weapon to get what you want.
Don't use the violence to solve your problems.
Always be calm and think first. Let go and move on.

Dear fifteen-year-old me.
It's now time to really understand it wasn't our fault. It's the year to stop blaming us.
Acceptance and forgiving the guilty party will ease the hatred towards ourself.
You've been struggling lately cos it once more happened.
It becomes easier to live with as soon as you ask for help and begin to stop this cycle of blaming us.
Bad men do bad things as we are eleven years into our twenty-one-year life sentence.
It's also the year we meet the mother of our two beautiful children.
I repeat it was never our fault.
Please take it one day at a time.
I now fully accept and love the man we became and you will too.
Drugs are not the solution either.
Love Ourself. We have a beautiful soul.

Light and Lively: Portrait Gallery

1. Number participants A and B and have them sit facing each other in concentric circles.
2. Participants in the outside circle get paper, pen, and clipboard.
3. Task: draw a portrait of the person sitting opposite.
4. After about 20 seconds, call “Move”:
    - Artists move one place to the left, leaving their paper and pen.
    - Continue the next person’s portrait for 20 seconds.
5. Repeat until artists return to their original partner.
6. Show the finished portraits.
7. Swap roles so everyone has a turn as the artist.

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.

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