

What is AVP?



The **Alternatives to Violence Project** serves those who want to handle conflict well without resorting to or being the victim of violence. Our trained volunteer facilitators offer workshops in the community, in prisons and in other settings. AVP is a national charity and part of an international network.

We believe that conflict is a natural part of life and that there are ways of handling it well. In our workshops, participants draw on their own experiences to explore the conflicts in their own lives and find ways of dealing with them.

AVP began in 1975 in a New York prison when a workshop was held to support young men to handle conflict without violence. This generated more interest and the programme quickly spread to many other prisons and then into the wider community. AVP has since spread to over 50 countries, including New Zealand, Costa Rica, Israel, Russia and South Africa. A British branch was set up in 1989 and we now run around 50 low-cost workshops every year in every region of Britain.

Who is AVP for?

An AVP workshop is **for everyone** who wants to handle conflict better. Whether you face conflict in the family, on the street, in your workplace or somewhere else, in an AVP workshop you can find ways to deal with it well. Workshop participants come from all walks of life and many different situations. Most enjoy the workshops and learn a lot about themselves.

What is a 'workshop'?

AVP workshops are not like school or college - participants learn from one another in small group exercises, fun activities, discussions and role-plays of real-life situations. Workshops are friendly and everyone is made welcome.

We run two types of workshop: Level One and Level Two.

Level One workshops focus on:

- believing in yourself and respecting others
- the causes of conflict and the strong feelings involved
- skills and attitudes for dealing with conflict well
- building good relationships

After attending a Level One workshop, participants at Level Two explore the underlying causes of violence such as fear, anger, stereotyping, power, and powerlessness. They take a deeper look at ways of resolving conflicts. Usually the participants cooperate to choose the focus of the work in a Level Two workshop. Participants may then attend more workshops and some train as volunteer facilitators.

If you are interested, contact Jane: ejharries@hotmail.com

Or southwales@avpbritain.org.uk 07756 016953/ 07720 87132