

AVP believes.....

That conflict is normal and an integral part of society.

And that it is not conflict that is the problem; the problem is- we often deal with it in a violent way.

Also that violence takes many forms, all of them hurtful, however, often only the physical forms are recognised.

And lastly that anger is an emotion, neither good nor bad. It indicates that something is wrong. How a person deals with that feeling is what matters.

DURING THE WORKSHOP

You will be introduced to a lot of useful skills designed to help you build better relationships.

You will be doing a lot of work on yourself.....what sort of person you are and what makes you tick; and on how you might make changes in the way you see yourself and relate to others.

There will be a variety of activities; these will encourage you to feel more confident in yourself and to discover the Alternatives to Violence.

That the first session

Will be an opportunity to get to know the people you will be working with over the weekend. You will find out more about what you will be doing, and why. The first session is very important as it helps to develop trust and confidence within the group. Participants leave that session feeling relaxed and looking forward.

EVERY SESSION.....

..... is important as it builds on the work that has already been done, building skills towards handling conflict more successfully.

A quotation from the National leaflet.....

' Before I went to AVP I felt that it was going to do nothing for me.....it was just going to make me worse, but when I got there I felt this might just do something for me and it DID. I don't get angry anymore.... I just sit down and talk about the problem and it is so much easier and that was because of AVP....'

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Registered charity 1085709 and in Scotland SC039287