

# Be Who You Want to Be with AVP

Alternatives to Violence workshops are for anyone who wants to deal with conflict and build good relationships, whether that means managing a strong temper or handling difficult situations with other people.

Our workshops are run by trained volunteers, all of whom started out by coming along to a workshop themselves.



## What happens at an AVP workshop?

An AVP workshop is not like a lecture or being at school. You work in both large and small groups, and also in pairs. Using exercises and discussion, you try out ways of dealing with difficult situations. All our workshops are friendly and everyone is made welcome.

If you enjoy your first workshop, you can also come along to a level two workshop. Here, the group chooses its own topic to focus on.



## Rebecca's Story

"For me one of the best things about the workshop was the ability to mix with people outside of my usual life. The workshop is a very open environment and it helped me to see that I am not comfortable with handling conflict.

AVP has helped me to realise that conflict is a natural part of life and you can't shy away from it. My confidence has improved and I am much better at standing up for my own decisions."

Rebecca, 27, London - Completed level 1 & 2



## Frequently asked questions

When do your courses take place?

Courses usually run from Friday evening until Sunday and are normally non-residential.

How much does a course cost?

A weekend workshop costs £95, or less if you can't afford that.



Do you provide meals on the course?

Light refreshments are provided on all courses. Meals are available on some, depending on where your workshop is held.

If I have any questions, who should I call?

Please call the phone number or write to the address on the back page of this leaflet and we will be happy to help.



## How to book

All our workshops are listed at [www.avpbritain.org.uk](http://www.avpbritain.org.uk)

Alternatively, to find out when the next workshop is running near you, or for more information:

Alternatives to Violence Project Scotland

Renfield Centre

260 Bath Street

GLASGOW, G2 4JP

0141 353 0444

[Scotland@avpbritain.org.uk](mailto:Scotland@avpbritain.org.uk)

"AVP helped me start talking and listening to my daughter instead of just arguing."

## About AVP Britain

AVP Britain is a national charity that is part of a worldwide network working in over 50 countries. We run around 40 low-cost workshops every year all over Britain to support people to handle conflict and violence well.

[www.avpbritain.org.uk](http://www.avpbritain.org.uk)

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[www.avpbritain.org.uk](http://www.avpbritain.org.uk)