

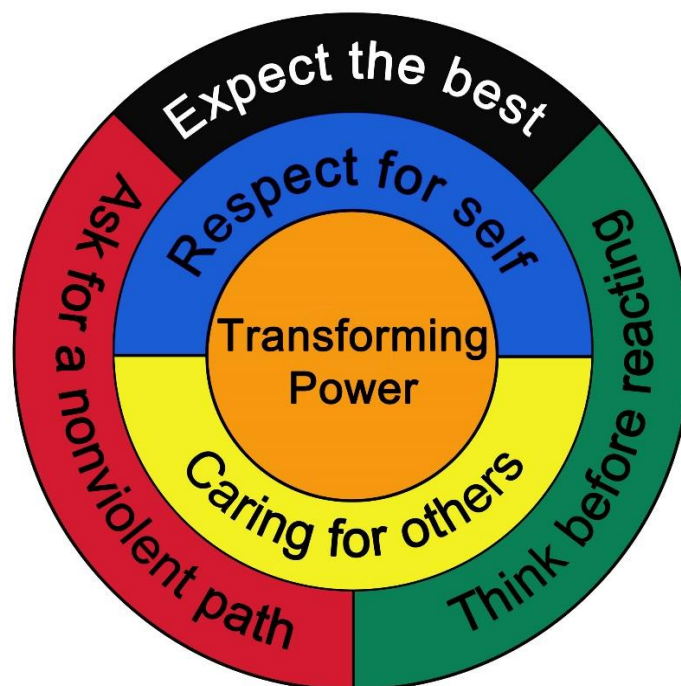
# *Alternatives to Violence Project* (Newcastle)

## **2-day Transforming Conflict workshop**

Do you want to learn to:

- **Manage strong feelings** such as anger and fear?
- **Communicate effectively** in difficult situations?
- **Handle conflict** without losing it?
- **Be a nonviolent parent and partner?**

Join us for two days of discovering **alternatives to violence**



**When: 9:00 am-6:30 pm Sunday 28 May AND 4 June 2017**

**Where: Family Action Centre, University of Newcastle**

**Cost: Free (\$10 to cover lunches, & morning/afternoon teas appreciated)**

For details or to register contact:

Gener (4926 3577) or Graeme (0400 347 186)

or [newcastleworkshops@avp.org.au](mailto:newcastleworkshops@avp.org.au)

