



Alternatives to Violence Project (Newcastle)

2-day Transforming Conflict workshop

A group learning experience on how 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-5:30 pm, Tues and Wed, 29 and 30 Aug 2017

Where: TBC – Broadmeadow, Waratah Area

Cost: Free

For details or to register contact:

4926 3577 or email

newcastleworkshops@avp.org.au

