



Alternatives to Violence Project

A free 2-day intensive group workshop for parents to explore ways to...

- manage strong feelings such as anger and fear
- communicate effectively in difficult situations
- handle conflict without losing it
- become a nonviolent parent and partner



Where: Broadmeadow Uniting Church, 199 Broadmeadow Rd.

When: 9:00am – 6:00pm, over two **Thursdays, 29 November and 06 December 2018**

Please contact **4926 3577** or **0490 331 617** to register or email
newcastleworkshops@avp.org.au for more information.

