



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, 07 and 14 March 2019**

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



Family Support Newcastle
your family, our community



The Family Action Centre



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