



Alternatives to Violence Project

An 8-week 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: The Waratah Family Centre, 2 High St. Waratah (corner of Turton Rd.)

When: 10:00am – 1:30pm, every Tuesday, over 8 weeks, **starting 04 JUNE to 23 July 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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