

'Alternatives to Violence Project' (AVP) – Wales

AVP workshops help people to deal with conflict positively – without resorting to or becoming the victim of violence. Come and try a workshop for yourself! They're friendly and fun – and they can change your life!



Workshops in 2015:

Level 1:

- 20th – 22nd March – Cardiff
- 15th – 17th May – Cardiff

Level 2:

- 11th – 13th September – Bridgend

Details of venues available on booking.

We may also be able to organise a workshop for your group or organisation – ask!

For more info: 07756 016953

or southwales@avpbritain.org.uk

Prosiect 'LLais nid Trais' (AVP) – Cymru

Y mae gweithdai AVP yn helpu pobl i ddelio ag anghydfod yn gadarnhaol – heb droi at drais neu dioddef trais eu hun. Dewch i brofi gweithdy drostoch chi eich hun! Maent yn gyfeillgar ac yn hwyl – a gallant newid eich bywyd!



Gweithdai yn 2015:

Lefel 1:

- 20 - 22 Mawrth - Caerdydd
- 15 – 17 Mai – Caerdydd

Lefel 2:

- 11 – 13 Medi – Pen-y-Bont ar Ogwr

Manylion ar gael wrth gofrestru.

Gall fod yn bosibl drefnu gweithdy ar gyfer eich grŵp / mudiad chi – holwch!

Am ragor o wybodaeth: 07756 016953

neu southwales@avpbritain.org.uk

