

**NONVIOLENT RESISTANCE (NVR)**  
**8-week Online Group Course**  
**Offered by NVR Practitioners Consortium CIC**

**Tuesdays, 10:30am – 12:30pm**  
**20<sup>th</sup> April - 13th July**

**Are you struggling to manage your child/young person's aggressive, violent, controlling or self-destructive behaviour?**

**Does your child have ADHD, learning disabilities or ASC/ASD?**

**Are you on a low income or receiving means-tested benefits?**

***Look no further, we can help!***

The Non-Violent Resistance (NVR) Parenting Programme has helped thousands of families to change their lives. Parents report increased confidence in their parenting, a greater sense of agency and improved relationships within the family.

NVR has proved effective with neuro-atypical children/young people, and those with other diagnoses. It has been implemented in a wide range of family situations, including violence, drug/alcohol misuse, verbal abuse, self-harm, oppositional behaviour and eating disorders. NVR can be used with children from around 5 years old, right up to adulthood.

It is an empowered and dignified way to live one's life.

Course details

The group will take place online, using Zoom. We limit numbers, so we can give individual and tailored support to everyone.

You will learn to:

- Become a positive, authoritative presence in your child's life
- Improve your relationship with your child
- De-escalate difficult situations
- Develop a robust network of supporters
- Take a firm stance against challenging behaviour

Cost - £40 per person. This is a low-cost course, designed to be affordable to those on a low income. We recognise, however, that this may still be too expensive for some people. If cost would prevent you from being able to do the course, please get in touch to discuss further discounts.

**To book your place/find out more, email [enquiries@nvrpc.org.uk](mailto:enquiries@nvrpc.org.uk) or call Rachel on 07957 233112.**