

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

**For adoptive parents/special guardians of children displaying  
behaviours of concern  
Wednesdays 10:30am -12:30pm  
May - July 2021**

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

**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 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 also has proved effective with neuro-atypical children/young people and with all kinds of family make-up, including foster and adoptive families.

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
- Take a firm stance against challenging behaviour
- Develop a robust network of supporters

The cost for this course is:

- £525 per couple
- £425 per single attendee

Includes an initial individual telephone consultation and 8 weekly sessions.

Funding can be applied for from the Adoption Support Fund.

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