

NONVIOLENT RESISTANCE (NVR)

8-week Online Group Course

Offered by NVR Practitioners Consortium CIC

**For parents/carers of children displaying behaviours of concern
Monday mornings, 10:30am-12:30pm, October - December 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 families where there is a wide range of difficulties, 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 single parents and blended 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 £465 for single participants and £795 for couples (this can be 2 people parenting together or a parent/carer + a supporter).¹

The price includes an initial individual telephone consultation, 10 weekly sessions and access to ongoing support through our moderated private Facebook group.

To book or find out more, email enquiries@nvrpc.org.uk / call Rachel on 07957 233112.

"After endless professional interventions I had started to doubt that any approach could help us. I certainly wasn't looking forward to a parenting course. I was wrong: NVR works and our family is safer and happier as a result." Online course participant

¹ We have a small bursary fund for people on means-tested benefits, who have no other source of funding, to get a free place. Please contact us to find out more.