

What parents say about the programme?

- A tough but very helpful and productive course.
- I feel that it really added value and competency and changed the dynamic of our family and focused on root issues.
- Highly highly highly recommend, the most rewarding and helpful course

What children say about the programme?

-
-
-

"The young person is not the problem, the behaviour is the problem".

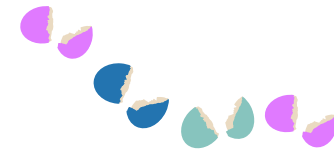
Contact Us

To find out what services provide the NVR programme to Parents in your local area please contact:

Laois Offaly CFSN (Community & Family Support Network) Co-Ordinator,
Child and Family Agency
Primary Care Centre
Church Avenue
Tullamore
Co. Offaly
Phone: 057 93 19280

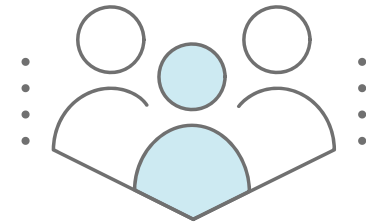
Longford Westmeath CFSN (Community & Family Support Network) Co-Ordinator,
Child and Family Agency,
Primary Care Centre,
Harbour Road,
Mullingar,
Co Westmeath
Phone: 044 9353997

The CFSN (Community & Family Support Network) Co-Ordinator will be able to direct You to a local Service for support.



MIDLANDS NON-VIOLENT RESISTANCE (NVR) PROGRAMME

RESPONDING TO CHILD-TO-PARENT VIOLENCE



For families where young people are violent/abusive towards their parents/carers



Are you walking
on eggshells around your
child?

What is the NVR Programme?



The NVR programme is for parents or carers who are experiencing child to parent violence, intimidation, emotional abuse or controlling behaviour.

Non-Violent Resistance is an evidence-based, non-blaming and relatively short-term intervention model that empowers parents and people working with them to take positive action to end the abusive and/or violent behaviour of a child.

NVR helps to empower parents/carers to take positive action to end the violent and controlling behaviour experienced by learning new ways to deal with certain patterns of behaviour and repair the damaged relationship between the parent and the child.

Participants on the programme learn skills to assertively and non-violently resist and de-escalate de-escalate controlling and aggressive behaviours being displayed by a child in their care.

The programme focuses on:

- Resisting and de-escalating the behaviour
- Increasing positive parental presence
- Developing a support network
- Re-building the parent - child relationship

What to expect from the NVR Programme?

WHAT?

NVR is a non-judgemental programme that helps participants re-build their confidence as parents / carers.

HOW?

This programme can be completed on a one to one basis, in a group setting, virtually (by phone or online platform) or face to face. The programme generally runs for approx. 10 weeks for one to two hours per week (time varies depending on delivery method) at no cost to families.

SUPPORT:

Parents who experience child to parent violence or controlling behaviour often feel isolated and stigmatized and feel that they will be blamed for the child's behaviour. In an NVR group, or via a one to one session, parents or carers no longer feel alone as they can share their experiences in a safe space.

LEARN ABOUT:

- Not escalating situations
- Creating a team around yourself
- Communicating assertively
- Taking back your authority as a parent
- Repairing relationships
- Taking care of yourself

NVR National and Local Supports

Parents and carers dealing with child-to-parent violence (verbal & physical abuse), can avail of NVR support through both the national helpline (ParentLine) below or through local support - further details on the back of this leftlet.

ParentLine

Parentline is a national, confidential helpline that offers parents support, information and guidance on all aspects of being a parent and any parenting issues.

Parentline provides the NVR programme for parents via their phone service:

LoCall 1890 927 277

Tel 01 8733 500

Parentline helplines are open:
Mon to Thurs 10 a.m. – 9 p.m.
& Friday 10 a.m. – 4 p.m.



What parents say about the programme?

- A tough but very helpful and productive course.
- I feel that it really added value and competency and changed the dynamic of our family and focused on root issues.
- Highly highly highly recommend, the most rewarding and helpful course

What children say about the programme?

-
-
-

"The young person is not the problem, the behaviour is the problem".

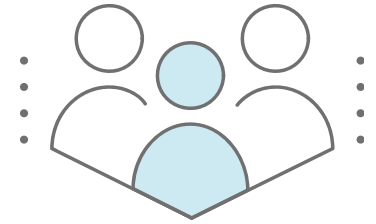
Contact Us

To find out what services provide NVR training support to Parents in your area please contact:

Laois Offaly CFSN (Community & Family Support Network) Co-Ordinator
Child and Family Agency
Primary Care Centre
Church Avenue
Tullamore
Co. Offaly
Phone: 057 93 19280

Longford Westmeath CFSN (Community & Family Support Network) Co-Ordinator
Child and Family Agency,
Primary Care Centre,
Harbour Road,
Mullingar,
Co Westmeath
Phone: 044 9353997

The CFSN (Community & Family Support Network) Co-Ordinator will be able to direct You to a local Service for support.



MIDLANDS NON-VIOLENT RESISTANCE (NVR) PROGRAMME

RESPONDING TO CHILD-TO-PARENT VIOLENCE

For families where young people are violent/abusive towards their parents/carers



What is the NVR Programme?



The NVR programme is for parents or carers who are experiencing child to parent violence, intimidation, emotional abuse or controlling behaviour.

Non-Violent Resistance is an evidence-based, non-blaming and relatively short-term intervention model that empowers parents and people working with them to take positive action to end the abusive and/or violent behaviour of a child.

NVR helps to empower parents/carers to take positive action to end the violent and controlling behaviour experienced by learning new ways to deal with certain patterns of behaviour and repair the damaged relationship between the parent and the child.

Participants on the programme learn skills to assertively and non-violently resist and de-escalate de-escalate controlling and aggressive behaviours being displayed by a child in their care.

The programme focuses on:

- Resisting and de-escalating the behaviour
- Increasing positive parental presence
- Developing a support network
- Re-building the parent - child relationship

What to expect from the NVR Programme?

WHAT?

NVR is a non-judgemental programme that helps participants re-build their confidence as parents / carers.

HOW?

This programme can be completed on a one to one basis, in a group setting, virtually (by phone or online platform) or face to face. The programme generally runs for approx. 10 weeks for one to two hours per week (time varies depending on delivery method) at no cost to families.

SUPPORT:

Parents who experience child to parent violence or controlling behaviour often feel isolated and stigmatized and feel that they will be blamed for the child's behaviour. In an NVR group, or via a one to one session, parents or carers no longer feel alone as they can share their experiences in a safe space.

LEARN ABOUT:

- Not escalating situations
- Creating a team around yourself
- Communicating assertively
- Taking back your authority as a parent
- Repairing relationships
- Taking care of yourself

NVR National and Local Supports

Parents and carers dealing with child-to-parent violence (verbal & physical abuse), can avail of NVR support through both the national helpline (ParentLine) below or through local support - further details on the back of this leftlet.

ParentLine

Parentline is a national, confidential helpline that offers parents support, information and guidance on all aspects of being a parent and any parenting issues.

Parentline provides the NVR programme for parents via their phone service:

LoCall 1890 927 277

Tel 01 8733 500

Parentline helplines are open:
**Mon to Thurs 10 a.m. – 9 p.m. &
Friday 10 a.m. – 4 p.m.**

