

What others say about the NVR programme?

- Mum with teenage children:

"Being a family that has experienced and survived domestic abuse, the NVR was an opportunity to feel supported by a professional and guided through some of the tougher aspects of family recovery. I had assumed once the abuser had left the family home, that we would all naturally recover and that our love for each other was enough to heal all wounds and traumas of the past. I never expected the hurt would turn inwards and that self-harm and punishment would take the place of domestic violence.

The NVR gave me the tools and the strategies in how to stop the self-harm and the outbursts of frustration."

"NVR wasn't just about preventing physical violence to others, but about regulating our emotions and communicating our feelings better so that we no longer allow our hurt to escalate. NVR reset the boundaries and allowed us all to let go of our past defense mechanisms. Overall the house is calmer. We still have all the same challenges and disputes as any other family, but we no longer carry the hurt or the guilt of our past. The house has become peaceful with solid boundaries, better communication and better listening."

- Mother of two, boy age 10 girl age 3.

"NVR has not only been a life changing experience. It has completely changed how I am as a mum, strengthening my relationship with my children"

- Child's review boy age 10:

"We are not as angry with each other anymore and love each other more again".

"The young person is not the problem, the behavior 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 (Child & Family Support Network) Co-Ordinator,
Child and Family Agency
Primary Care Centre
Church Avenue
Tullamore
Co. Offaly
Phone: 057 93 19280

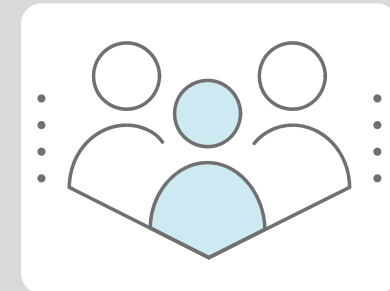
Longford Westmeath CFSN (Child & Family Support Network) Co-Ordinator,
Child and Family Agency,
Primary Care Centre,
Harbour Road,
Mullingar,
Co Westmeath
Phone: 044 9353997

The CFSN (Child & 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 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 & 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.

