

Non-Violent Resistance (NVR) 8 or 10 week group sessions



The NVR course aims to offer a sense of tools and techniques to support caregivers of children/young people who display challenging attitudes and behaviours.

Participants are guided through a set of core principles each week to help support the management of challenging behaviour.

Participants will learn to:

- » take a firm stance against violence
- » increase positive presence in a child's life
- » de-escalate conflicts
- » break cycle of shame and silence
- » make changes in relating to the child
- » reduce distress in the household
- » feel more in control
- » recruit and use supporters

8 or 10 week programme and 3 hours per session. Handout included.

Suitable for foster carers, parents, adoptive parents special guardianship carers and residential staff members.

Facilitated by an experienced Child Therapist/Clinical Social Worker.

Available in person or online.

www.childrenstherapy.online

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*min 12 participants

ASF registered

