

The NVR group will start.....

Date: Monday 5th June (To be confirmed, dependent on numbers)

Time: 9:30-11:30 every Monday for the duration of the group

Place: Service 6, 15 Sassoon Mews, Wellingborough

If you wish to discuss the group further, or have any questions, please do not hesitate to call me (Jo Johnson, N-FAST Practitioner) on 07736462104, or if you are interested in joining the group, please let me or the school know and I can arrange to meet with you for a chat before the group starts.



# NVR

## Non-Violent Resistance



A 12 week group programme to support parents with the emotional and/or behavioural difficulties of their child

Northamptonshire Family and School Therapy Team  
N-FAST Team

## Who is NVR for?

Parenting can feel really isolating and difficult at times, and it is normal to feel exhausted, and to wonder how best to support your child.

NVR is an approach that can help families struggling with the following:

- Children with big emotions or described as 'dysregulated'.
- Children, who display behaviours that are hard to manage, such as hitting, kicking, spitting and other threatening behaviours.
- Children, who might be feeling anxious and, for example, struggling to get into school.
- Families with lots of parent/child conflict.

## What is NVR?

Key themes to the approach are:

- The importance of looking after yourself.
- Managing escalations.
- Strengthening relationships.
- Building a support network.



## What to expect

- A 12 week programme, 3 of these being individual sessions and 9 group sessions.
- A phone call between each group session to offer additional support.
- Information provided each session.
- Opportunities for discussion.
- Tea, coffee and biscuits will be provided each group session.

## Other information

- Groups can be a really helpful way of meeting others in similar circumstances.
- They offer a natural and supportive learning environment, which can enable the sharing of ideas, and help to build confidence in moving forward.
- Confidentiality in the group is extremely important and we ask that you respect this at all times.
- We ask that you attend all sessions, if at all possible, not only to get the most from the group yourself, but to ensure the group feels a safe and comfortable place, where parents know that everyone has a commitment to the group.