

# NON-VIOLENT RESISTANCE (NVR) ONLINE GROUP



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**MAKING A  
DIFFERENCE  
FOR YOU,  
WITH YOU**

## NON-VIOLENT RESISTANCE (NVR) ONLINE GROUP

A 10-week online group programme to support parents with the emotional and/or behavioural difficulties of their child.

Starting Monday 16 October 2023, 9.30-11am weekly on Microsoft Teams, excluding school holidays.

## WHO IS NVR FOR AND WHAT IS IT?

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
- When the relationship between parent and child becomes strained because arguments escalate so quickly or are so frequent.

Key themes of NVR include the importance of self-care, managing escalations, strengthening parent-child relationships, and building a support network.

## OTHER INFORMATION

- This is a parent-only group. 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.

## NVR GROUP DATES

(Get ready and make yourself a cup of tea or coffee to start promptly at 9:30am)

- Monday 16th October, Session 1: Introduction to NVR

### Half-Term

- Monday 30th October, Session 2: Parental presence and self-care
- Monday 6th November, Session 3: Triggers, escalations, and accommodation
- Monday 13th November, Session 4: De-escalation
- Monday 20th November, Session 5: Reconciliation gestures
- Monday 27th November, Session 6: Supporters and lifting the veil of secrecy
- Monday 4th December, Session 7: Baskets and preparing for announcements
- Monday 11th December, Session 8: Keeping things going over the school holiday

### School holiday

- Monday 8th January, Session 9: Announcements and sit-ins
- Monday 15th January, Session 10: Ending and keeping things going

A link to the online sessions will be sent to you in advance. Please don't worry if you have not used Microsoft Teams before, we will be happy to talk you through how to use it and have a practice if this helps. We ask that everyone keeps their camera on throughout each session.



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Inspected and rated

**Outstanding** ☆



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বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করুন

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Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.