

## **ONLINE INTRODUCTION TO NVR (Non-Violent Resistance Parenting Approach)**

**Are you struggling to manage your child's aggressive, violent, controlling or self-destructive behaviour?**

**The NVR Parenting Approach can help you.**

The Non-Violent Resistance (NVR) Parenting Programme has helped thousands of families to change their lives. Parents report increased confidence in their parenting, a greater sense of agency and improved relationships within the family.

NVR has been implemented in a wide range of family situations, including violence, drug/alcohol misuse, verbal abuse, self-harm, controlling behaviour and eating disorders. NVR can be used with children from around 5 years old, right up to adulthood. It also has proved effective with neuro-atypical children/young people and with all kinds of family make-up, including foster and adoptive families.

**Want to find out more? Come along to our online *Introduction to NVR* session**

The session is aimed at parents and carers struggling to manage their children/young people's behaviours of concern. If you are already practising NVR in your family, it is also an excellent way to introduce NVR to your supporters.

This lively and interactive presentation by the NVR Practitioners Consortium will introduce the principles of NVR. The aim is to help you to decide if this approach could work for your family, find out how you can support a family practicing NVR, and to offer some tools for you to implement straightaway.

**Tickets cost £10 (£5 if you are on a low income or receiving means-tested benefits)**

To book tickets visit <https://nvrpc.org.uk/for-parents%2Fcarers>