

Interagency liaison on child to parent violence in Cork.

The Cork Child to Parent Violence Steering Group is an interagency network that aims to raise awareness of the issue of child to parent violence amongst those working with families and parents / carers. Members include; Liberty Street House (Tusla), the ISPCCC, Barnardos, Le Cheile, Young Persons Probation and Cork City Partnership.

The Steering Group promotes programmes such as NVR to assist workers to effectively support parents / carers to tackle the issue.

Contact any of the Steering Group member agencies listed above if you are a worker looking for information on how best to support families experiencing child to parent violence.

The NVR Programme is provided for parents / carers FREE



**over the phone by
Parentline**

LoCall 1890 927 277

Tel 01 8733 500

Parentline Helplines are open:
Monday to Thursday 10am - 9.30pm
& Friday 10am - 4.30pm

How can Parents / Carers access this NVR Programme in Sprigg's Road:

This NVR Programme will be delivered by trained NVR Facilitators, Michael Collins and Mella Magee.

Michael Collins is a Youth Worker and Mella Magee is a Community Development Worker with Cork City Partnership. Both Michael and Mella are experienced facilitators in the delivery of parenting and NVR programmes.

For more information or referral to this NVR programme contact either of the facilitators.

Michael Collins

Mobile: 086 008 0963

Mella Magee

Tel: 021 4302310

Mobile: 087 196 2022

Email: mmagee@partnershipcork.ie



Non Violent Resistance Programme (NVR)

for parents or carers experiencing child / teenager to parent violence, intimidation, emotional abuse or controlling behaviour.



Information leaflet for
Parents / Carers

NVR is an 8 to 10 week programme running Wednesday mornings from 19th September to 28th November 2018

**Time: 10am to 12 noon
Place: 46A Sprigg's Road
Gurrabraher**

About the Non Violent Resistance Programme

The NVR programme is an innovative and practical eight to ten week parenting course.

NVR supports parents / carers to assertively and non-violently oppose controlling and aggressive behaviour in their children and young people.

The programme also focuses on repairing the relationship between the child and parent by:

- Increasing Positive Parental Presence
- Resisting the Behaviour
- Developing a Support Network
- Building Reconciliation

NVR can be delivered in a group format.



NVR can also be delivered on a one to one (or one to two parents / carers) basis.

What to expect from this NVR Group

Parents who experience child to parent violence or controlling behaviour often feel isolated and stigmatised. In this NVR group parents or carers will no longer feel alone as they can share their experiences in a safe and relaxed environment.

Parents / carers will be supported to learn new skills which will empower them to prevent and respond to the aggressive behaviour.

About 6 to 12 parents / carers will attend the NVR group for 1.5 to 2 hours each week for a total of eight to ten weeks.

Topics include

- Learning about anger
- Not escalating situations
- Creating a team around yourself
- Communicating assertively
- Taking back your authority as a parent
- Repairing relationships
- Taking care of yourself

Who is this NVR Programme for?

This NVR Programme is suitable for parents or carers in:

- ◇ One Parent Families
- ◇ Two Parent Families
- ◇ Guardians / carers of children or teenagers

...where parents feel controlled, intimidated or threatened by their child, or where parents have to change their behaviour because of threats or violence from their child.

" I' m not walking on egg shells anymore. If I say no, I mean no and that' s it."

" The difference in the quality of our lives in only 8 weeks is amazing. It has been a truly life changing experience."

" This course has helped me take back control in my house and helped me not to react to the behaviour."

What Parents Say about NVR

" When I began the course I thought I was the only one with a child going through this, but I soon learned there are lots of people in the same boat as me."