

Child to Parent Non Violence Resistance (NVR) Programme

Parents Information

What Is Child to Parent Violence and Who Is The NVR Programme Suitable For?

The NVR Programme is suitable for any parent/carer who feels controlled, intimidated or threatened by their child/teenager. It is also for any parent/carer who feels that they have to adapt their own behaviour because of threats or use of abuse or violence from their child or teenager. This is known as child to parent violence.

What Is The Time Commitment for Attending the Programme?

The programme will run for 9 weeks in West Galway Family Services (formerly known as Westside Family Services). Each week's session will run for approximately 1.5hrs.

Is There A Cost?

No, the programme is free to attend.

Does My Child/Teenager Have to Participate or Attend The Programme?

No, the programme focuses on direct engagement with parents only. There is no requirement to meet with the young person as part of the programme.

How Is This Programme Different From Other Parenting Programmes That I Have Attended?

The NVR Programme aims to empower and support parents/carers in preventing and responding to the controlling and violent behaviour of children and teenagers. This is done by placing an emphasis on:

- influencing a change in the relationship between the parent/carer and the child
- the behaviour of the parent/carer
- increasing positive parental presence in the child/teenager's life

What Can I Expect From The Facilitators?

A respectful approach where it is recognised that everyone's situation is unique to them.

An open attitude to working together to improve the situation at home.

What Do The Facilitators Expect From Me?

We ask that you attend all sessions, as far as practical, as each week builds on the previous week's learning. We also ask you are open to practising the new learning at home.

How Can I Get Involved?

There is a referral form that we ask to be completed. This can be done by a service/professional you are working with or you can complete it yourself. If you need any assistance with this, you can contact Michaela Parker or Andrea Gallagher on 091 529390.