

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 child to parent violence.

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

The NVR programme is delivered by trained staff from local Cork agencies. It can be completed on a one to one basis, in a group setting, virtually, (by phone or online platform) or face to face.

For more information or referral to a NVR programme contact any of the agencies overleaf.



**Cork Child to Parent
Violence Steering Group**

For information on free NVR programmes in Cork contact the following organisations



Barnardos
South Cork City Family Support Project
Tel: 021 435 7679
Email: roisin.mcdaid@barnardos.ie



Cork City Partnership
Tel: 021 430 2310
Email: mmagee@partnershipcork.ie



ISPCC
Mob: 087 913 1434
Email: sinead.mckee@ispcc.ie



Le Cheile Mentoring
Available to Probation client families only
Tel: 086 047 2419
Email: allisongordon@lecheile.ie



The Bessborough Centre
Tel: 021 4357730
Email: smacconaille@bessborough.ie
or JHorgan@bessborough.ie



Tusla, Senior Child & Family Support Network - Co ordinator
Tel: 087 716 1068
Email: Christina.Kelly4@tusla.ie

Tusla, Child & Family Services
Liberty Street House
Tel: 021 4921728 / **Mob:** 087 918 1080
Email: ilse.dahms@tusla.ie



Parentline provides the NVR programme for parents via their phone service
LoCall 1890 927 277
Tel 01 8733 500

Parentline helplines are open:
Monday to Thursday 10 a.m. – 9 p.m.
& Friday 10 a.m. – 4 p.m.



**Cork Child to Parent
Violence Steering Group**

The Non-Violent Resistance Programme (NVR)



Are you walking on eggshells
around your child?

The NVR programme is for parents or carers who are experiencing child to parent violence, intimidation, emotional abuse or controlling behaviour.

What is the Non Violent Resistance (NVR) programme?



NVR is not a general parenting programme. It focuses on how parents / carers can deal with children's aggressive / controlling behaviour and gives them practical skills to use at home.

Participants on the programme learn skills to assertively and non-violently resist and de-escalate controlling and aggressive behaviour in the children in their care.

The programme focuses on:

- **Resisting** and **de-escalating** the behaviour
- Increasing **positive** parental presence
- Developing a **support network**
- **Re-building** the parent - child relationship

What to expect from NVR

NVR is a non-judgemental programme that helps participants re-build their confidence as parents / carers.

This programme can be completed on a one to one basis, in a group setting, virtually (by phone or online platform) or face to face.

Parents who experience child to parent violence or controlling behaviour often feel isolated and stigmatized and feel that they will be blamed for the child's behaviour. In an NVR group, or via a one to one session, parents or carers no longer feel alone as they can share their experiences in a safe space.

The programme generally runs for 7 to 10 weeks for one to two hours per week (time varies depending on delivery method) at no cost to families.

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 the NVR programme for?

The 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 the child, or where parents have to change their behaviour because of threats, emotional blackmail or violence from their child.

What parents say about the NVR programme

"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."

"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."

