

Non-Violence Resistance Parenting Programme in City and Hackney

**Starts from 9th June 2022
for 12 weeks every Thursday**

5 - 7PM

Taster Session: 9th June 2022

5 - 7 PM

Location: Online via MS Teams

Register at: bit.ly/ACSNVR22

ABOUT

This programme is specifically for parents from African Caribbean Heritage Community (ACH) whose children (9-18) may be experiencing emotional wellbeing or behavioural challenges at home or at school. The 12 week programme focuses on topics such as de-escalation, parental presence, reconciliation gestures, understanding parent' trauma and child trauma. The programme runs within City and Hackney over a 12 week period.



Semi - structured sessions

Sessions are structured and take place over a 12 week period; the classes can be taken in the comfort of the parent' home via Microsoft Teams or in person settings



Culturally Sensitive

All of the sessions are led by facilitators from an African Caribbean background; all sessions are aimed to be inclusive and culturally sensitive to the needs of parents.



For parents

This programme is for parents whose children may be experiencing emotional wellbeing or behavioural challenges or/and maybe known to CAMHS or social care. The programme is run by African Community School.



COURSE INFORMATION & DATES

The NVR Parenting sessions will commence online from 16th June 2022 and will run for 12 weeks.

Book online on Eventbrite: <https://bit.ly/ACSNVR22>

Enquire and bookings can also be made by contacting office@acschool.org.uk or calling 07484 356 541

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Positive Outcomes

The NVR programme has had a number of positive outcomes with parents feeding back that they felt better able to manage challenging situations and felt better able to reach their goals.



Popular

The NVR programme, commissioned by CH CCG, Family Action and Public Health is becoming a popular programme for parents from ethnic backgrounds who may not otherwise reach out for support.

Facilitators receive clinical supervision and come from a number of backgrounds including youth work, social care roles and CAMHS.

Check the Eventbrite page to view recent course recommendations.



Funders

