



## About the group

The NVR group will run weekly for 12 sessions in the evenings. Prior to the group starting, parents/carers will be offered a time to meet with group facilitators in order access more information and to ask any questions.

Sessions will be co-run with parents who have had previous experience of using NVR and attending a CAMHS led group

Find out how the NVR helped.

### Enrolment Session

**Thursday 22<sup>nd</sup> July 2021**  
**African Community School**

5 – 7 pm  
Online Teams

The NVR course will run weekly for 12 sessions.  
Start date Thursday 29<sup>th</sup> July 2021

Please register through link below  
<http://bit.ly/3uF5cNb>

Crèche and Refreshment provided. To book your place contact a member of the team. 0207 923 8350  
Mobile: 07484536541  
E-mail: [office@acschool.org.uk](mailto:office@acschool.org.uk)  
E: mail: : [jahada@hcv.org.uk](mailto:jahada@hcv.org.uk)



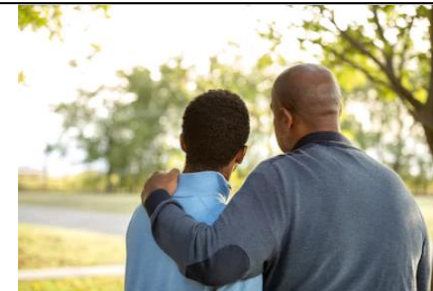
East London  
NHS Foundation Trust



*Parents your opportunity to test the*

# Tools for the Teenage Years

A programme for parents and carers to help address challenging and harmful behaviours in adolescence.



Information for Parents/Carers

**July to October 2021**



# About NVR

NVR addresses challenging and harmful behaviours in children and adolescents and restores individual strength and self-respect in parents. It also supports caring and respectful relationships in the family and wider communities.

Martin Luther King and Rosa Parks followed NVR principles in fighting for freedom from colonialism and racial discrimination but NVR has also been used in the community and family context.



## What can parents/carers gain from attending the programme?

- A better understanding of harmful/challenging behaviours
- Strengthened family relationships
- Support for the whole family
- Freedom from the feelings of powerlessness
- An increased presence in your child's life
- Hope for the future

## Key concepts of NVR in parenting:

- De-escalating conflicts
- Increasing parental presence
- Recruiting and utilising supporters
- Taking a firm stand against violent or destructive behaviours.
- Announcing your commitment to your child or adolescent
- Breaking the cycle of shame and silence
- Arranging sit-ins
- Creating reconciliation gestures that are not linked to the young person's behavior but increase positive interactions between parents and young people