

Advanced Parenting Course For Parents of Children with SEND

Norwood is delighted to offer a **Non Violent Resistance (NVR)** course for parents. The course will be focusing on better managing your child's behaviour alongside improving the relationship and communication between all family members. The course aims to offer practical tools with recognising the unique difficulties children with special needs might have. The NVR approach puts the focus on changing the parents' responses to behaviours and empowering parents to feel confident in their actions. If you have already tried giving rewards or punishments and it hasn't helped, this NVR parenting course will provide you with other strategies. The course will cover a range of behaviours and ages including challenging behaviours and adolescent years.

During the course of six sessions we will explore the following issues from a new angle:

- Improving the atmosphere and relationship in the family despite the difficulties.
- De-escalating situation and "hit the iron when it's cold"
- Prioritising the behaviours that you want to deal with
- Managing and expending your network support
- Self care, how do you look after yourself?

The facilitators:

Michelle Shapiro: a Clinical Psychologist with over 20 years experience and with 10 years experience using NVR within CAMHS settings. Michelle is now working in a private practice and as NVR practitioner who trains professionals and facilitates parenting groups.

Merav Shirizly: a Norwood Social Worker, Art Therapist and NVR practitioner with 20 years' experience working with families, parents and children individually and facilitating parenting and children groups.

Ben Levy: Norwood's Senior Educational Psychologist with over ten years' experience working with children with Special Educational Needs, their families and schools. Before this, Ben was a classroom teacher and also a Teaching Assistant.

Dates: Wednesday 13th February 2019 - Introduction day.
Tuesdays 5th March 2019
Tuesdays 12th March 2019
Tuesdays 19th March 2019
Tuesdays 26th March 2019
Tuesday 21st May 2019 - Summary and catch up.

Time: 10:00 – 12:30pm.

Venue: Norwood, Kennedy Leigh Centre, Edgeworth Close, NW4 4HJ

Cost: £65.

We recognise that everyone's financial circumstances are different and therefore we can offer a concession rate.

Please note places are limited and are offered on a first come first served basis.

For further information and registration, please contact Merav Shirizly on 020 8457 4484, merav.grossshirizly@norwood.org.uk