

SPF is based on the philosophy of non-violent resistance (NVR) which has been applied in many ways to support positive changes.

This is a FREE 8-week programme delivered either on Microsoft Teams or face to face. Each session lasts for 2 hours and is aimed at parents of children aged 10 and upwards.

It will give you the opportunity to explore and learn new tools and techniques and ways of responding to your child based on several core principles.

The groups are run by trained and experienced practitioners.

You will get the opportunity to explore parental self-care, to think about the presence you have with your child, de-escalation, identifying support with the overall aim of building and improving relationship and reducing behaviours you may find challenging.

Parents and carers facing several different challenges have found the course beneficial this includes those faced with behaviours they find challenging, supporting children with mental health needs, children with attendance concerns, aggression and where they feel that the relationship has broken down. SPF is an approach that will support all families.

Topics covered are.

De-escalation

Parental presence

**Reconciliations
gestures**

Self-care

Supporters

**Natural
Consequences**

Siblings

**Behaviour
management
techniques and
implementing
them.**

Organised by the CBC North and South Localities Early Help Teams:

To book contact your school who will contact their Locality Community Partner.

You will then be sent the information to register via Eventbrite.