



**PAC-UK**  
Adoption and Permanency Support

**Are you dealing with Child-to-Parent Violence or challenging behaviour? Is your child adopted or under a Special Guardianship Order?**



**Join our Online Non-Violent Resistance (NVR) Group 32  
Via Zoom**

**10 weekly sessions (except school holidays)**

**for Adoptive Parents and Special Guardians**

**of Children and Young People presenting  
Challenging, Destructive and Violent Behaviour**

**Thursdays from 10.00am – 11.30am**

September 14, 21, 28 | October 5, 12, 19 | November 2, 9, 16, 23 |  
December 7 (Support Group)

**(We will be coordinating with the different ½ terms over the country and may adapt the above)**

***Plus 1 initial consultation meeting + 1 end review meeting and report per participant or couple***

**Participants will learn to:**

- Take a firm stance against violence
- Hold back from physical or verbal violence
- Increase positive presence in your child's life
- De-escalate conflicts
- Break the cycle of shame and silence
- Make changes in relating to your child in the long term
- Reduce distress for parent and child
- Feel more in control
- Recruit and use supporters
- Enjoy the benefits of being part of a group

**Feedback from 2 parents from earlier courses**

**'There has been no advice as valuable as the ideas and delivery of this course, even if some of it seems alien – hang on in there.'**

**'Exceptionally good, knowledgeable, and experienced course facilitators. Every adoptive family needs these people. Top marks.'**

## The facilitators

*Jeanine Heismann* is a registered Art Psychotherapist, NVR-UK Accredited Group Practitioner and NVR Supervisor. Jeanine has run groups for parents/carers and trained professionals in a number of settings. Jeanine has supported parents and guardians looking after children and young adults with complex needs, who have experienced criminal and sexual exploitation in the community and have become involved with gangs. Jeanine has worked with looked after children in residential care, foster care and school settings. Jeanine is passionate about using NVR to create a network of concerned adults for safeguarding children and young people and promoting positive relationships at all stages of life.

*Parent Graduate* with lived experience of dealing with challenging behavior and implementing - NVR Participants have found it invaluable to have Parent Graduate Facilitators with lived experience (been there and got the t-shirt) as an integral part of the NVR team.

## **Booking Information PLACES ARE LIMITED - PLEASE ACT SWIFTLY**

Cost: £2,425 + VAT per individual; £3,898 + VAT per couple Book online: [www.pac-uk.org/cpv](http://www.pac-uk.org/cpv)

### Payment via the Adoption Support Fund (ASF):

#### Adoptive Parents and Special Guardians

- Please register your *expression of interest* by emailing [cpv@pac-uk.org](mailto:cpv@pac-uk.org)
- *Please approach your local authority as soon as possible, sending them this flyer.* They must apply for ASF funding. Please include social worker/ support team contact details in your expression of interest email.

#### Social workers

- Please register your *expression of interest* for parents to attend by emailing [cpv@pac-uk.org](mailto:cpv@pac-uk.org)
- It is then crucial that you *apply to the ASF as a matter of urgency.* We will send you a **breakdown of costs** to facilitate the ASF application. We will also ask you to complete a *referral form* so we have some information about the family's situation.
- *Once you have submitted the application* to the ASF please *complete the online booking form* at [www.pac-uk.org/cpv](http://www.pac-uk.org/cpv) and **select 'Invoice'** for 'Payment Type' and **'ASF – PON to follow'** (Purchase Order No) unless already known. This will mean that a place will be held for the parent.

### Paying Privately

- Please register your *expression of interest* by emailing [cpv@pac-uk.org](mailto:cpv@pac-uk.org) We will get back to you at the earliest opportunity.

If you have any questions about this online group, please call 020 7284 0555  
or email us: [cpv@pac-uk.org](mailto:cpv@pac-uk.org)

