

Are you dealing with child to parent violence?

Get help at

For parents/carers in Southampton who are experiencing child to parent violence.

## Building Respectful Families

**An eight week group programme**

**Breaking behaviour patterns such as:**

- *physical violence*
- *damage within the home environment*
- *stealing from family members*
- *threatening behaviour in the home*
- *attempting to control*

**Where:** 30 Brookvale Road, SO17 1QR

**Dates:** TBC (excluding half term)

**Time:** 10am - 12pm

Drinks and snacks provided



**Referral :** [yellowdoor.org.uk](http://yellowdoor.org.uk)

*↳ you can self refer or we can support.*



Southampton  
**Family Trust**  
*building relationships*



## Happy Baby (Baby Massage)

### 4 week course

For parents with babies over 6 weeks old to non-mobile.

Come and enjoy time with your baby.

Trainer: IAIM  
Certified Facilitator



## New Forest Parenting Programme

### 6 week course

For parent/carers with children of 5-12 years

The NFPP Program is designed to help parents whose children are displaying difficulties with their attention who are hyperactive and can be impulsive-these are the feature of ADHD. It is specifically designed to target these difficulties.

## Cook and Eat

### 6 week health and nutrition cooking course

For parents/carers with children over 1 years

The course provides an opportunity to:  
Learn about healthy portion sizes  
Useful tips on menu planning  
To produce healthy home cooked family meals on a budget  
The opportunity to experiment with cooking different dishes  
Practical cooking skills

## Get Outside

### 6 weeks course

For parents and carers of 2 years and over

Make the most of learning in outside spaces with fun activities for you and your children including stories, nature, crafts and more.



## Parent Leader Training

This course offers parent/carers the opportunity to participate in an 11 week training programme enabling them to facilitate parenting programmes within the community on a voluntary basis.

Successful applicants will receive certification from EPEC and an AQA accreditation.

On-going training and development workshops will be offered.

## NVR



For parents/carers with children aged 4 years and up

NVR (Non Violent Resistance)  
For parents/ carers with a child who exhibits controlling or violent behaviours. This can include withdrawing from the relationship, isolating or hurting themselves as well as becoming outwardly angry and verbally and physically aggressive.  
The course may be especially helpful for families who have tried other parenting methods and find they need a different approach.  
The course will teach specific strategies using the concept of peaceful protest.

*familyhub@southampton.gov.uk*



**Sure Start**  
**Children's Centre**  
Southampton

