

Parenting Programme

Training for mothers



Her Centre now offers a programme to support mothers with children who are displaying problematic behaviours as a result of living with domestic abuse.

Our training supports mothers through:

- Providing an open, welcoming space to discuss problems, breaking the isolation and shame often felt by parents struggling with their children's behaviours.
- Encouraging an honest assessment of current parenting style.
- Teaching tools to develop parental presence and to resist a child or children's problematic behaviours without escalating the situation.
- Inspiring confidence and positivity in mother and child relationships.

Our Parenting Programme runs for 10 sessions and is absolutely free and confidential.

To find out more about the programme or to sign up for our next training session, please contact Claire or Anuk on **0203 260 7772** or email **anuk@hercentre.org**



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Introducing our Parenting Programme: An interview with programme facilitator Claire

Our volunteer Claire trained in NVR Parenting after experiencing difficulties in her own family, and explains here how the programme helped her and why she is so passionate to train others...

"Two years ago, I was at a very low place in my life. I had managed to escape a long term violent relationship that left scars I was not even aware of. I was in a deep depression and turned to alcohol as a coping mechanism. As a result, my parenting skills were pretty rubbish, and I had completely lost any parental presence.

My son was 16 and started smoking drugs and getting into fights. He was secretive so I had no clue what he was getting involved with or who he was hanging out with, and he was bringing great distress to the family.

When I joined a parenting programme, it really helped me speak up about my issues and I found I was not alone - a problem shared really is a problem halved! *We learnt so much and soon realised our sons were in a lot more trouble than we had ever imagined, but this was a vital step to understand exactly what we were dealing with.*

The programme gave me the practical tools I needed to tackle the situation and to regain my parental control. *Our life is totally different now, my son is doing really well and I feel empowered as a parent and a person and am confident enough to handle any situation I am faced with."*

As a parent graduate of the programme, Claire now facilitates Her Centre's Parenting Programme.

To find out more or to sign up for a course, please contact Claire or Anuk on **0203 260 7772**.

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