



Oasis Encounter for Parents:

Oasis Encounter Course starting week commencing **Monday 22nd September** with 3 courses to choose from (Monday evenings, Wednesday evenings and Thursday mornings).

Oasis Encounter is a therapeutic programme based on the principles of Non-Violent Resistance (NVR), which explores '*connection before correction*' and has proven to be effective even where a child has anxiety, ADHD, Autism or struggling to attend school. NVR is an innovative form of family intervention and can help parents/carers to re-establish a warm, loving and containing parental presence.

The programme provides expert teaching, skills building and a significant amount of peer support as parents will join live on Zoom for an hour and a half each week. There is wrap around support midweek via our WhatsApp group and many parents continue to use this WhatsApp long after the course has ended.

Here is feedback from a parent last year:

'Before coming to this course my relationship with my child was non-existent - we screamed instead of talked. He hit instead of using his words. Our family was miserable. Now finishing I feel like our family has done a 360 - our communication has gained so much more. Our relationship has become stronger, and we are all so present in our family environment. I'm so upset to say it's our last week here. But so grateful for this opportunity as it has changed our family lives forever. Thank you so much.'

If you are keen for support, please check out our webpage and to sign up. On the [Oasis Encounter website](#) you will find a video explaining more about what to expect.

For more information or any questions, please get in touch or email oasis.encounter@oasisuk.org.