

WALKING on EGGHELLS

Non-violent resistance programme

Child to parent violence refers to patterns of behaviour which can impact on safety and wellbeing at home, often signalling that the child and family need understanding, support and guidance

About the Programme

Walking on Eggshells is an 8-week programme to support parents and carers in achieving a calmer, violence-free home

It can help you:



Overcome feelings of helplessness



Develop a support network



Work toward healthier behaviours



Improve family relationships



- ➔ Online, 8 x 2-hour sessions
- ➔ Daytime and evening programmes available
- ➔ Daytime programme starts Wednesday 21 October, 10am - 12pm
- ➔ Evening programme starts Thursday 22 October, 6pm - 8pm

Open to parents and carers in both the Belfast Trust and Southern Trust areas

All parents / carers will complete an initial assessment to ensure the programme is suitable for their family circumstances

Take the first step towards a safer, more peaceful home for you and your child

028 9040 1290  info@ci-ni.org.uk

Daytime registration



Evening registration

