

NORA course

This course helps you learn more about rights, options and life coping skills in the complicated situations that can arise when relationships break down.



Familievernet
Bufetat

About the NORA course

The contents of the course were developed in consultation with clients who had requested these kinds of services from the family counselling office. They needed more knowledge about their rights, their potential options, and to learn more about life coping skills in complicated situations after their relationships broke down.

The course could be a good fit for you if you can relate to one or more of the statements below:

- You are in a toxic relationship and are considering ending it, but you find it difficult to leave.
- You fear the consequences of ending the relationship, and you want to explore your options and rights.
- You fear that ending the relationship can cause you to lose contact with your children, family, friends or social network.
- You are concerned about negative reactions, control, threats or violence.
- You are in a complicated process of ending your relationship.

How the course works

During the eight-day course, we cover eight different topics related to rights and opportunities in society, an overview of services that are available, relationships with family, friends and social networks, and how you can help yourself in a difficult situation. The course is held at the family counselling office and led by therapists. Different experts from various fields come to speak about topics they specialise in.

The course is a good fit if you think you could benefit from any of the following:

- free legal aid and financial rights
- services offered, activities and social meeting places
- freedom and control
- how to build and maintain good relationships
- safe communication and good interactions
- power and powerlessness
- responses to life changes and crises
- boundaries, needs and values
- how to cope with stress and self-help

The goal of the course is to build life coping skills and improve quality of life.

Want to participate in a NORA course?

Contact your family counselling office if you think the NORA course is something you would be interested in. We will invite you to a screening interview, where you will receive more information about the course, and we consider whether the course is a good fit for you.

The following family counselling offices offer NORA courses:

Family Counselling Office in Buskerud

Address: Grønland 68, 3045 Drammen

Tel.: 466 15 000

E-mail: fvk.buskerud@bufetat.no

Family Counselling Office in Vest-Agder, Kristiansand

Address: Markens gate 35, 4612 Kristiansand

Tel.: 38 10 43 10

E-mail: familievernkontoret.vest.agder@bufetat.no

Read more about our courses at:

www.familievernet.no