

# ENVISAGE FOR FAMILIES PROGRAM 962 - ONLINE



## Program overview

ENVISAGE Families is a free, supportive peer program for parents and caregivers raising young children with developmental concerns, disability or who are neurodivergent. It was developed collaboratively by parents, service providers and researchers and is designed to empower, support and connect families. Across five weekly, 90-minute workshops, families explore practical, evidence-based ideas and tools through guided discussion, interactive activities and opportunities to learn from other parents and carers. The program aims to help families feel more confident and equipped to understand their child's development, make decisions for their family, advocate for their child's needs and work collaboratively with services.

## Program details

**Location:** This program is delivered online - Invitation link supplied after sign up.

**Day and Time:** Mondays, 9:30 am - 11:00 am (WA time)

**Dates:** 19 October, 26 October, 2 November, 9 November and 16 November

## Session-by-session overview

### Session One:

Health and wellbeing in early child and family development - introduces a holistic, strengths based way of thinking about health, wellbeing, development and disability, including a focus on what children can do and what is important to the child and family.

### Session Two:

Child and family development - explores development through the ideas of being, becoming and belonging, recognising development in the context of the child, family and everyday life.

### Session Three:

Parenting as a 'dance' led by children - considers responsive parenting, family values and noticing and responding to children's cues and signals.

### Session Four:

Looking after myself - focuses on caregiver wellbeing and why looking after ourselves matters for our own wellbeing, our child's wellbeing and the wider family.

### Session Five:

Communicating, collaborating and connecting - explores family-centred services and practical ways for families to communicate, advocate, collaborate with service providers and build supportive connections.



# ENVISAGE FOR FOSTER AND KINSHIP CARERS



## What you'll gain from the program

By the end of the program, parents and carers should have a stronger foundation for thinking about their child and family's health, wellbeing and development. The program is designed to support families to feel:

- more confident and empowered in making decisions for their family
- better able to recognise and build on their child's strengths
- equipped with practical ideas and tools they can use in everyday life
- more confident communicating and advocating for their child and family
- better able to collaborate with service providers using a family-centred approach
- more connected with other parents and carers who may share similar experiences

## Frequently Asked Questions

### **Does my child need a diagnosis or NDIS plan?**

No. A diagnosis or NDIS plan is not required.

### **Is there a cost?**

No. ENVISAGE Families is currently Australian Government funded and free for families.

### **How long is the program?**

It is a series of five weekly workshops, with each workshop running for up to 90 minutes.

### **Can I register for just one workshop?**

No. Families register for the full five-workshop program, as the themes build on and connect with one another.

### **Is it therapy for the child in my care?**

No. It is a parent/caregiver program focused on building knowledge, confidence, connection and practical skills that can complement other supports.

### **Do I have to share personal experiences in the group?**

Participation and discussion are encouraged, but families can share as much or as little as they feel comfortable with.

### **Who facilitates the program?**

ENVISAGE Families programs are co-facilitated by a health professional/service provider and a parent peer.

