

EVIDENCE BASED

# Free Parent Program

Co-Developed with Families for Families

ENVISAGE is a peer program designed for parents & caregivers raising children aged 0-8 with a disability, developmental concerns, or who are neurodivergent.

The program is designed to help you:

- Feel more **confident and competent** in making decisions for your family
- Discover **practical, evidence-based strategies** to help you better understand and advocate for your child's needs.
- **Connect with others** who may have similar experiences to your own, exchanging insights and perspectives.



## How does the program work?

All workshops are **live and interactive**, mixing information sharing with group discussions and activities.



5 x Weekly Workshop Sessions

*\*Intensive formats also offered*



Up to 90 minutes per workshop



Face-to-face or online programs available



Facilitated by a qualified health professional and a parent peer



No cost to you. Your child does not need a NDIS plan or diagnosis to participate.

## What did participants get out of the program?

### A new perspective

*"The program has changed how I see my child. I now focus more attention on his strengths instead of always worrying about how he might be different"*

### Support & connection

*"Hearing the stories of other parents made the world of difference. It was the first time I felt heard as a Parent"*


### Increased confidence

*"I feel more confident advocating for my son. I'm learning to trust that I'm the best person to support his needs, which has made me more comfortable speaking up"*

## How to register

Scan the QR Code to register for a program or contact us to find out more.



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 <https://envisage.community>