

Workshop

**Essential ingredients for running parent / caregiver support groups**

Presenter: Dr Anoo Bhojti, PhD; Ms Sylvana Mahmic (PhD Candidate)

**This workshop will provide you with ideas and frameworks to design impactful Workshops for Caregiver Support**

Empower your professional journey! Are you passionate about making a meaningful impact on the lives of parents raising children with disability/ developmental delay/post diagnosis?

Join our evidence-based workshop session where you will gain the essential skills and ingredients that will help you design transformative parent/caregiver support groups.

**Key Workshop Highlights:**

**Positive Psychology Theory:** Learn how to plan sessions using positive psychology theory and principles - fostering resilience and a strengths-based mindset among parents and using **hope, agency, and empowerment**.

**Knowledge and Capacity Building:** Dive into effective methods for sharing crucial information, building parental capacity, and facilitating peer-to-peer learning.

**Family Quality of Life Framework:** Discover a model of FQOL addressing emotional well-being, family relationships, formal and informal services and supports and learn how these variables impact FQOL.

**Practical Tools and Techniques:** Acquire skills, principles and theories to add to your toolkit with some practical resources, interactive activities, and workshop design strategies that you can implement immediately.

**Outcome-Focused Design:** Learn how to set and achieve meaningful goals for both parents and facilitators, creating a positive and transformative workshop experience.

**Connect with Experts:** Engage with experienced facilitators who have successfully implemented these principles, gaining insights from real-world applications.

**Reserve your spot now for a workshop that will provide you with essential ingredients to assist parents/caregivers that in turn leads to better outcomes for children**