

Free Peer Support Program

ENVISAGE Families Australia is a FREE peer support program that empowers, supports, and connects parents and anyone in a caregiving role raising a child and/or children aged 0-8 years with disability, autism or developmental concerns.

Eligibility

0 - 8 YO



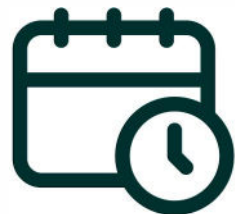
CAREGIVERS OF CHILDREN

For caregivers raising children 0 - 8 years with developmental concerns, disability or autism (autism like characteristics).

The program has been co-designed with parents, carers, service providers, health professionals and researchers and includes a dedicated First People's program.

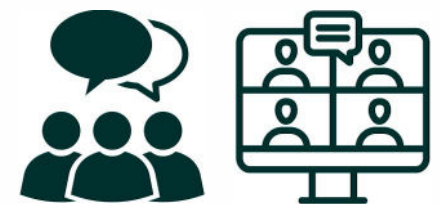
Parent Commitment

5 +5 = 10 Hrs



5 WORKSHOPS

Small group workshops with other caregivers facilitated by a Health Professional and Parent Peer. The workshop is for 1 hour each over 5 weeks. An additional 1 hour per week to access online learning materials to prepare for the upcoming weekly workshop. Other formats on request.

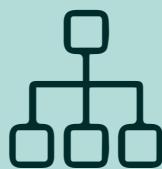


face to face or online program options

Workshop Themes

1

What is health and well-being in early child and family development?



2

Child, sibling and family development



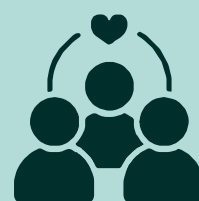
3

'Parenting is a dance led by the children'



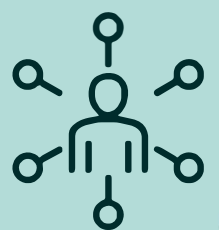
4

Looking after myself so I can look after my family



5

Communication, Collaborating, Connecting



Materials and Resources

Online Tools

LEARNING PLATFORM

An online platform to access tools, videos and resources. You will go here to prepare for your weekly workshop.



DISCUSSION BOARD

A forum for peer connection and sharing in a secure and private network.

How to Register



Register Online

<https://envisage.community>

Contact for Assistance



envisage@acu.edu.au



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