

**PARENT SUPPORT
PROGRAMME
EXPRESSION OF INTEREST
FORM**



Name

Address

.....

.....Postcode.....

Phone

Email

Condition or disability of your child/ren:

I am interested in attending/hearing about the following course/s in my area:

I understand that all courses are free and that attending a course does not imply commitment to complete the whole programme.

VENUE: Parent to Parent Office
150b Bank Street
Whangarei

Support Course (6 hours)

Saturday 30th May 2009

Navigating the system (4 hours)

Practical Course (12 hours)

Weekend 20 & 21 June



Empowering parents, caregivers and whanau who have children and family members with disabilities, health impairments, or special needs through support and provision of information.

Who are Parent to Parent?

Parent to Parent is a support and information network, formed in New Zealand in 1983, for parents of children with special needs.



Our services are free and confidential



Parent to Parent National Office

PO Box 234
Waikato Mail Centre 3240

Phone: Toll-Free 0508 236 236

Email: national@parent2parent.org.nz
www.parent2parent.org.nz

PARENT to PARENT
NEW ZEALAND INC.

**Parent Support
Programme
Northland**



Parents Supporting Parents

Toll Free 0508 236 236 www.parent2parent.org.nz

Email national@parent2parent.org.nz



Parent Support Programme

The programme is composed of three courses, which can be completed in any order. Pick and choose courses of interest. Those willing to become Volunteer Support Parents will be required to complete all three courses before accreditation.

SUPPORT COURSE (six hours)

This part of the programme is especially designed to offer parents, care givers and whanau the opportunity to learn how to navigate through their new life. Helping individuals identify their emotional responses, read the signs of stress and decide whose help might be needed on the journey. The six hour course looks at the following topics:

Grief

Life is a journey which is always filled with highs and lows, even more so when dealing with the unknown. By learning that grief affects us all differently, we can help understand our journey and gain insight into others.

Stress

Being able to plan your journey with scheduled breaks, refreshment stops and other travel comforts will help you cope with the more demanding sections of the trip. By working together as a group, travel plans can be discussed and tips exchanged.

Support

Everyone needs support. Cars break down, need new tyres, regular servicing etc and

people on their life journey are no different. Who are the people who make up your support network.

Family Resilience

Understanding ourselves is the start of trying to understand others. Every member of the family will be on the same journey but will be stopping off to see different sites and reading a different internal map. By understanding we have differences we can plan our destination together.

SATURDAY 30th May 9.00am till 4.00pm

NAVIGATING THE SYSTEM (max four hours)

This course is designed to help you understand the system. A panel of professionals and service providers will be on hand to talk through the twists and turns of their service. The four hour course looks at the following topics:

- How to access health & disability services
- Needs Assessment Service Co-ordination (NASC)
- Financial support through Work and Income NZ (WINZ)
- Education system

Dates to be advised

PRACTICAL COURSE (twelve hours)

This part of the programme is designed to provide the opportunity for personal awareness, where parents can consider their ability to support others in similar circumstances. At the conclusion of the training, parents are able to apply for **accreditation** as Support Parents. Support Parents are the guides or sales reps who have been on the trip and have the ability to listen to your trails, tribulations, plans for the future and understand where you are coming from and going to. The 12 hour course looks at the following topics:

Listening Skills

Sometimes we need a sounding board to help us work out how we are going to get to where we want to go. The skill of actively listening is vitally important and more difficult than you might think.

Communication

Effective two way communication is not just listening and talking. What we say and how we say it will also have a huge impact on the support others feel they have received. Skills designed to help provide phone support to others are also invaluable in everyday life.

Practice, Practice, Practice

We will help you become a Super Support Parent, providing you with the confidence to provide this all important support to others.

(Full accreditation on completion of all courses)

WEEKEND 20 & 21 JUNE 9.00am till 4.00pm