



Program Overview

What does the ENVISAGE program cover?

Workshop 1



Health and wellbeing in early child & family Development

- Different ways **health and wellbeing** can be understood in early child development
- Discover **practical tools** to help you and your child tell your story
- How to identify the **unique strengths of your child**

Workshop 2



Child and Family Development

- Thinking about 'development' - of your child, yourself and your family
- **Exploring connections** with siblings, partners, extended family & community members
- Recognising the community and **supports around you**

Workshop 3



Parenting is a 'dance' led by the children

- Discover how your **values** impact your parenting
- Understanding what your child is telling you through their **behavior, cues, and signals**
- Explore ways you can **understand and respond** to these messages

Workshop 4



Looking after myself

- Find ways to **support your own wellbeing**, so that you can best support your child and family
- Learn about ways to make **small but important steps** to enhance your own health and wellbeing and **stay resilient**

Workshop 5



Communication, Collaborating, Connecting

- Discover what **family-centered service** means and what this might look like for you
- Learn strategies to **help you communicate & advocate more effectively** with service providers, medical professionals and the wider community

Interested in joining the fully funded ENVISAGE program?

Head to our website to find a program that works for you:
<https://envisage.community/workshop/>



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