

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 **interactive**, combining the sharing of information and resources with group discussions and practical exercises.



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>