

An invitation to families to participate in ADHD-focused and Autism/Learning Disability-focused Parent Programmes this Summer

The Changing Lives Initiative: Flourish & Thrive project will be delivering two parent group programmes over the summer to support families of a child/children with behaviours consistent with ADHD and/or Autism/Learning Disability.

Starting in early July and over August, we will be delivering a number of these two group programmes, Parents Plus (online) and Triple P Stepping Stones (in person). We welcome individual parents, co-parents, carers, foster parents and grandparents wishing to participate in the programmes. It isn't necessary for your child to have a formal diagnosis for you to take part.

The programmes are a great opportunity to meet other families, gain some support and learn additional skills and strategies. Even for parents who have previously completed a programme, it is a good opportunity to gain some support and refresh skills.

- **Parents Plus ADHD Programme**

Suitable for: Parents/carers of children aged 6-12 years.

Involves: Weekly 2-hour group sessions online for 8 weeks (participants must be able to attend all sessions).

Through this programme, parents/carers will be supported to: understand the experiences and needs of ADHD children; manage behavioural and emotional concerns; help your child talk about and understand ADHD; reduce your own stress as parents/carers; build your child's self-esteem and confidence; solve problems together with your child.

- **Triple P Stepping Stones Programme**

Suitable for: Parents/carers of children 2 to 12 years.

Involves: Weekly 2.5-hour group sessions, in person, for 5 weeks, plus 3 weeks of individual support calls with a facilitator, and one final group session (participants must be able to attend all sessions).

Appropriate for parents/carers of children with Autism/learning disability wanting to learn a broad-based range of parenting skills to promote child development and to manage challenging behaviours. The programme is appropriate for helping parents/carers to prevent the development of problem behaviours or to change problem behaviours if they are occurring.

To express an interest in taking part, please complete the attached form. A member of The Changing Lives Initiative team will then get back in touch with you.

Please note: If we are not able to offer you a place on these programmes over the summer, we will keep your details to contact you for future programmes.

About The Changing Lives Initiative: Flourish & Thrive:

Following an earlier successful project around ADHD between 2017-2021, The Changing Lives Initiative has now secured funding from the PEACEPLUS Programme for an exciting new 4-year cross-border Project. The Project will provide early intervention support to families of children with queried neurodevelopmental conditions such as ADHD and Autism.

The project will be available to families across the Belfast, South Eastern and Northern Health & Social Care Trust areas, as well as in counties Louth, Cavan and Monaghan.

This Project is supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).





Expression of Interest Form

Parent's/Carer's Name: _____

Contact Phone Number: _____

Email Address: _____

Address: _____

Child's Name: _____

Child's Date of Birth: _____

Programme you are interested in:

Parents Plus ADHD Programme - online	<input type="checkbox"/>
Triple P Stepping Stones (Autism/Learning Disability) – in person	<input type="checkbox"/>

Are there any additional family members that would like to attend the programme too (e.g. co-parent, grandparent)? If so, please give details: _____

Declaration by Parent/Carer: I confirm my consent for The Changing Lives Initiative to contact me in relation to these programmes:

Yes

No

PLEASE RETURN COMPLETED

FORM TO:

shauneen@changinglives.ie

**The Changing Lives Initiative
Colin Neighbourhood Partnership
Glenwood Business Centre
Belfast
BT17 0YU**

Tel: 02890 623813