

Seeking families to participate in ADHD focused and Autism focused Parent Programmes this Summer

The Changing Lives Initiative: Flourish & Thrive project will be rolling out a range of programmes in your area from September. In preparation for this, our team is delivering a small number of pilot programmes during July and August and we are currently seeking parents to participate in same. Programmes are open to families in Counties Louth, Cavan, Monaghan and adjacent border area.

Over the summer, we will be delivering a number of the programmes below, in person and online. We welcome individual parents, couples / co-parents, carers, foster parents and grandparents to participate in the programmes. Families are not required to have a formal diagnosis to access these programmes.

These programmes are a great opportunity to meet other families, gain some support and learn some 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

Through this programme, parents 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; build their children's self-esteem and confidence; solve problems together with your child

Age: Parents of children aged 6-12 years

Involves weekly 2-hour group sessions for 8 weeks.

Triple P Group Stepping Stones

For this programme we are seeking parents of Autistic children with Medium to High Support Needs/ Learning Disability who are interested in learning a broad-based range of parenting skills to promote child development and to manage challenging behaviours. The programme assists parents to promote positive behaviours and self-regulation; and to address behaviours of concern.

Age: Parents of children up to 12 years

Involves weekly 2.5-hour group sessions for 5 weeks, plus 3 weeks of individual support calls with facilitator and final group session.

To express an interest, please complete the attached form or complete the form online [here](#)

Parents who we can't accommodate in programmes over the summer will be kept on our list for future programmes



Expression of Interest Form

Parent's/Caregiver's Name: _____

Contact Number: _____

Email Address: _____

Address: _____

_____ County: _____

Child's Name: _____

Child's Date of Birth: _____ Gender: _____

Programme interested in:

Parents Plus ADHD Programme	<input type="checkbox"/>
Triple P Group Stepping Stones	<input type="checkbox"/>

Availability (please tick all suitable options): Mornings Evenings

In person Programme Online Programme

Are there Additional Family Members that would like to attend the programme too? e.g. Co-parent, Grandparent. If so, please give details _____

If applicable, Referrer's Name, Professional Role and Contact Details:

If form being completed by parent / caregiver: I confirm my consent for Changing Lives Initiative to contact me in relation to their programme. If referrer, I confirm I have the parent's/caregiver's permission to pass on their details. Yes No

PLEASE RETURN COMPLETED

FORM TO:

changinglives@archways.ie

or

The Changing Lives Initiative, Regional Development
Centre, Dundalk Institute of Technology (DKIT),
Dundalk, Co Louth, A91 PWY6

About Changing Lives Initiative: Flourish & Thrive

Following an early successful project around ADHD, the Changing Lives Initiative have successfully 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 officially launch in September and will be available to families in counties Louth, Cavan, Monaghan and the Belfast, Southeastern and Northern Health & Social Care Trust Areas.

Further information on the Project and the Programmes offered will become available over the Summer on www.changinglivesinitiative.com

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

