

Parent to Parent Training Updates



Parent Support Programme/Support Parent Training

Personal Support Course – One day

- How do you cope with stress?
“We all get stressed so let us help you pick up some new ideas on how to cope when everything seems designed to get you down.”
- You get upset, they throw themselves into their work, what’s going on?
“Let us explain grief so you can understand the different ways people display it”.
- Need more support but don’t know where to look?
“We will help you identify your gaps and provide some ideas on how to fill them.”
- What is family resilience?
“Let us explain and talk you through some ideas to help your family make it through the tougher times.”

The first step to helping others on their journey is to understand your own. Learning about the different journeys people have been on provides an important awareness and respect for difference.

“It is very useful & practical info. Covered in a friendly & comfortable environment! Lovely hospitality. THANK YOU! ☺”

Communication Course – Two days

- We all like to communicate but how well do we really listen to others?
Once you try to listen, and not think of what you would like to say, you will soon realise it is not as easy as it sounds. It is a skill which needs to be practiced and what better way than with a group of supportive parents.

“I enjoyed learning how to be Support Parent every topic was east to understand and the environment was safe and friendly. I learnt a lot about myself when it comes to listening to others and being aware of differences. Thank you.”

Navigating the System –Varying length sessions

When new to the sector the amount of information can be baffling, automated phone lines and web sites don’t always provide the answers we are looking for. We will gather together a range of presenters on the resources available within the disability sector so you can ask a real person the questions you would like answered.

These three parts are stand alone courses and can be attended in any order. Those completing the Personal Support and Communication Skills courses can apply for accreditation as a Support Parent.

Parent Support Programme Training Dates 2009 - June 2010

Date	Region	Course	Date	Region	Course
17 - 18 October	Manawatu	Communication	27 February	Auckland	Personal Support
17 - 18 October	Nelson	Communication	27 - 28 March		Communication
9 - 11 October	Greater Canterbury	Support Parent Training	29 April	Coastal Bay of Plenty	Personal Support
17 October	Greater Canterbury	Personal Support	29 - 30 May		Communication
27 - 28 March		Communication	13 March	Waikato	Personal Support
21 February	Central Lakes	Personal Support	22 – 23 May		Communication
1 - 2 May		Communication			

Please check with your regional co-ordinator or visit our website www.parent2parent.org.nz for further details.

Advocacy Support Training

We invite all parents and family/whanau members interested in learning more about advocacy skills. This 12 hour course, covers assumptions (and the dangers of making them), questioning skills, active listening, planning and researching.

We are now offering organisations limited places on these courses to staff members for \$360
Please contact National Office to register your interest.
This training remains free to parents and family/whanau members.

Advocacy Support Training courses are being offered at the locations below.

Month/Year	Region	Month/Year	Region	Month/Year	Region
Oct/Nov 2009	Greater Canterbury	February 2010	Coastal Bay of Plenty	May 2010	Auckland

"Anybody would benefit from this course – not just a parent with a child with a special need. It's great to do just for yourself, to use in everyday skills. We use advocacy everyday with out realising it."

Zelda Anderson attended the Advocacy Support Training back in 2007

"My role at work has led me more and more into project management. While doing this role I have found many of the things I learnt in the Advocacy Support Course have been most useful and I have been able to put them into practice. One thing in particular is about 'not making assumptions' about what outcome a person involved in a conflict may be wanting. Instead I have learnt to be very careful to ask what outcome is desired."

All Parent to Parent training can be access for free by any parent, who has a child with a disability or special need, who is interested in learning more for themselves, learning to support others or just refreshing their skills.

SibSupportN.Z.®



SibSupportN.Z. provides non-disabled siblings with a programme that assists them to cope with the challenges and stresses of living with a brother or sister who has special needs. The programmes are free and are held at camps nationwide. Siblings develop long term friendships, learn life skills and have some much needed time away from the challenges they may face in their family environment. The camps are organised and facilitated by sibling, for siblings.

To supplement the camp programmes we also offer day long SibShops around the country. These are busy interactive days for siblings. Issues are discussed and feelings shared in a SibShop interspersed with team building games, theatre sports and lots of fun. As with the camps the young people are supported by facilitators and leaders who also have brothers and sisters with special needs.

Keep an eye on our website for details on more SibShops next year.

SibSupportN.Z. Camps for 2009/10, for further information and to register your interest please phone: National Office toll free: 0508 236 236
Email: sibsupport@parent2parent.org.nz

Month/Year	Region	Month/Year	Region
November 2009	Central Lakes/ CBOP	March 2010	Waikato
February 2010	Greater Canterbury	November 2010	Nelson