

# Now and Next

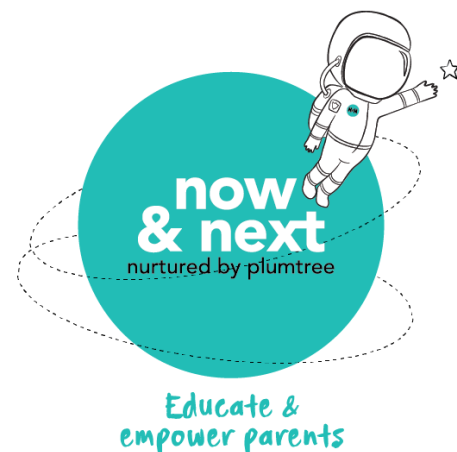
Learn how to set goals and reach them through this innovative program delivered by parents for parents

The Now and Next 8 week group program helps families develop skills to achieve positive outcomes for their child, family and self. Participants choose goals and work towards them in the program with new clarity and purpose. Now and Next is family centred, based on strengths and takes into account how adults like to learn.

You will:

- Set goals for your child, family and self, using Pictability™, a unique vision setting tool
- Learn how to use our 'goal to action' strategy to achieve your 3 goals during the program
- Learn to apply the principles and tools of positive psychology to achieve better outcomes for your child, family and self
- Learn how to create positive relationships with professionals
- Use an iPad to create a personalised e-book that documents your progress.

It is recommended that families be available to attend all 8 Now and Next sessions.



## Details

### COST

Free.

### TIME

8 x 2.5 hour weekly sessions  
Tuesday 12th February to Tuesday 2nd April 2019; 11am to 1.30pm

### LOCATION

Connect Marrickville  
Marrickville West Public School  
Livingstone Rd, Marrickville NSW 2204

### GET STARTED

Places fill up well in advance. Register your interest by visiting our website [plumtree.org.au](http://plumtree.org.au) (calendar). Childcare not available. Please do not bring your children. If childminding is an issue, please contact us on (02) 9572 8840

### TIPS

For more information, please contact Now and Next team on [nowandnext@plumtree.org.au](mailto:nowandnext@plumtree.org.au) or (02) 9572 8840  
This program is for families of children with disability or developmental delay.



At Plumtree, we believe that every child with a disability or developmental delay has a right to participate in family and community life. Our purpose is to empower families to make this happen.

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