

Now and Next Online

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

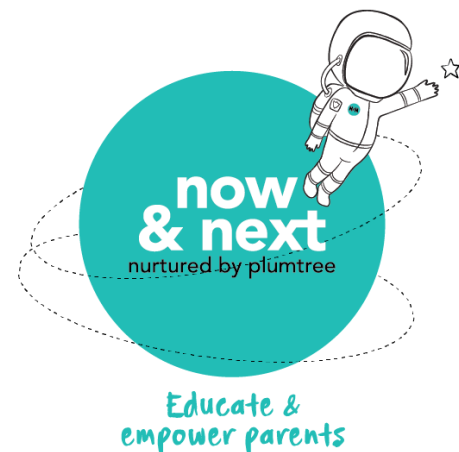
Plumtree is excited to pilot an online version of the Now and next program delivered in a live and interactive format.

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 join all 8 Now and Next sessions.



Register
your
interest
plumtree.org.au

Details

COST

Free.

TIME

8 x 2 hour weekly sessions
Monday 11th February to Monday 1s April 2019; 8pm to 10pm

LOCATION

Online from your home. This course will be facilitated live on Zoom.
You will need a good internet connection

GET STARTED

Places fill up well in advance. Register your interest by visiting our website plumtree.org.au (calendar)

TIPS

For more information, please contact Now and Next team on 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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