

Essential ingredients for running parent/caregiver support groups



Creating meaningful spaces where families feel heard, valued and connected

For professionals who want to design and facilitate supportive, respectful and engaging groups for parents and caregivers of children with disability or developmental delay.

This will be a practical and interactive workshop led by presenters who have codesigned the parent/caregiver groups *We Care and Now & Next with families*. Participants will be introduced to a simple planning tool for designing parent and caregiver support groups and will have the opportunity to try it out during the session. The workshop will include theory, discussion and time to begin applying the ideas to a real or possible group in their own setting.

You will learn how to:

- Use a practical planning tool for parent and caregiver support groups
- Create groups where parents feel heard, respected and included
- Support peer connection and shared learning

Participants will leave with practical ideas, useful resources and a planning approach they can use when designing or facilitating parent and caregiver support groups.

Cost
\$250

Date and time

Friday 18 September 2026;

1pm to 4pm

Please adjust for your own time zone if needed

Location

Online via Zoom. Join us from anywhere in Australia
Instructions will be sent by email before the event.

This session is for

Professionals supporting parents and carers of children with disability or developmental delay
Therapists, educators and early childhood practitioners who want to design meaningful, evidence-informed caregiver support groups

Your facilitators

Sylvana Mahmic, Plumtree CEO, and
Dr Anoo Bhojti, Program Lead and Developer;
Senior Occupational Therapist and Researcher at
Monash University and at Posity and affiliate at Olga
Tennison Autism Research Centre.

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