



## CONNECTION - LEARNING - GROWTH



## CARE<sub>4</sub>PARENTS TRAINING

© 2024 by Linda Campbell, Ph.D and Sasja Duijff, Ph. D.

We acknowledge the traditional custodians of the land on which we work and live and recognise their continuing connection to land, water and community. We pay respect to Elders past and present and their role in healing and wellbeing through generations.

## WHAT IS IT ALL ABOUT?

Parenting is one of the most intense and responsible tasks in our lives. At times it is an arduous and tiring task, and at other times richly rewarding and satisfying. Due to the busyness of our lives, parenting sometimes slips into 'managing' children and the family, instead of simply 'being with' the children and the family. When this happens, parenting becomes one of the many tasks on our endless 'to-do' list, and we lose sight of our experience of being in the moment with our children and family.



Parenting, with all its joys and challenges, can become even more demanding when your child has unique developmental, physical, learning, behavioural, or sensory needs. Balancing these responsibilities while maintaining your own identity can be overwhelming. From medical appointments and school commitments to tending to other children, nurturing relationships, running a household, and often dealing with sleepless nights, the challenges can seem immense.





## PRACTICALITIES

### Topics we will cover:

- Managing stressful situations with grace and strength.
- Embracing imperfection in parenting and understanding that it's okay not to be perfect.
- Recognising the power of choice in responding to daily challenges.
- Balancing energy management with the demands of caregiving, because you matter too.
- Navigating the emotional landscape of living loss and finding pathways to hope and healing.



Care4Parents is a safe space for parents navigating the unique challenges of raising children with 22q. The specifically tailored psychoeducational program introduces principles of mindful parenting, opportunities to reflect on oneself and sharing experiences with others.

In our journey together, we'll explore various themes that often arise in challenging parenting situations, with a specific focus on parenting a child with 22q. We understand that your path is not just about caregiving but also about self-discovery and resilience.



## WHEN & WHERE

<p><b>Europe &amp; East Coast America</b></p> <p>Time: 19.00-21.00pm CEST (Central European Summer Time)</p>	<p><b>Australia &amp; West Coast America</b></p> <p>Time: 12.00-14.00pm AEST (Australian Eastern Standard Time)</p>
<ol style="list-style-type: none"> <li>1. Monday May 6th</li> <li>2. Monday May 13th</li> <li>3. Monday May 20th</li> <li>4. Monday May 27th</li> <li>5. Monday June 3rd</li> <li>6. Monday June 10th</li> <li>7. Monday June 17th</li> <li>8. Monday June 24th</li> </ol> <p>Follow-up: Monday September 9th</p> <p>Trainer: Dr. Sasja Duijff</p>	<ol style="list-style-type: none"> <li>1. Tuesday May 7th</li> <li>2. Tuesday May 14th</li> <li>3. Tuesday May 21st</li> <li>4. Tuesday May 28th</li> <li>5. Tuesday June 4th</li> <li>6. Tuesday June 11th</li> <li>7. Tuesday June 18th</li> <li>8. Tuesday June 25th</li> </ol> <p>Follow-up: Tuesday September 10th</p> <p>Trainer: Dr. Linda Campbell</p>

### Details

- 10-week program (including one individual intake session, 8 group sessions, and one follow-up session).
- Each session is 1.5 to 2hrs long
- Live online delivery with weekly readings and home practice
- You need a private room, a comfortable place to sit, a yoga mat or similar, headphones, and a laptop or computer with good internet access.
- **Costs**

Euro: 375,- per participant (1 intake & 9 sessions x 2hrs @ €18,75- per hour)

AUD: 620,- per participant (1 intake & 9 sessions x 2hrs @ AUD31,- per hour)

- 50% discount for a participating spouse -

Please contact us if these costs pose a problem so we can look for a solution



## GENERAL INFORMATION

22qMinded is a clinic specifically working with individuals with 22q11.2 deletion and duplication syndrome and their families. We aim to provide an environment where people come to learn from others with similar experiences, connect with like-minded people by sharing experiences and grow as individuals and families. We believe in person and family-centred strength-based therapeutic approaches.

Registrations are made by emailing to [22qminded@gmail.com](mailto:22qminded@gmail.com). **Please register for Care4Parents no later than the 23rd of April. You will be sent a link to an online form. Registrations will be completed and intake sessions booked upon receipt of payment.** The program will not proceed with less than 6 participants and the full fee will be refunded if the program does not proceed.

Connect with us on our socials for regular information or sign up for the newsletter on our website.



[www.22qminded.org](http://www.22qminded.org)



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