




KTC

WE CHANGE LIVES



This fortnightly program is free, spaces are limited, bookings are essential.

THE KIDS THERAPY CLUB

PARENT KONNECT IS OFFERED AT YARRABILBA ON A FORTNIGHTLY BASIS - EVERY SECOND THURSDAY 9:30 - 11AM WITH OUR COUNSELLORS.

PARENT KONNECT

We recognise the pressure and stress parents and carers experience managing the needs of a loved one with special needs or disabilities. You may often experience intense feelings of helplessness, shame or guilt, a belief that you are the only one who has these experiences and that there is something wrong with you or your children.

The experience of being with other parents and carers, sharing concerns and learning new and positive ways to navigate difficult emotional situations can enhance the resilience and wellbeing of your entire family, and most importantly YOU.

PK is not a classroom, nor just another parent program or course, it is specifically designed to create change, offer support amongst individuals sharing the same challenges, and a safe space to access positive solutions and relevant information based on what the group nominates as their priority. PK is SOLUTION, SUPPORT and SKILL focussed.

Research shows that support groups provide healthy and realistic parenting skills, an increased sense of empowerment, and a feeling of belonging. Discovering that you are not alone and connecting with others is critical. The benefits of parent-to-parent & carer-to-carer connections are well documented (Ireys et al. 2001; Law et al. 2002; Henderson et al. 2014; Sartore et al. 2013).

At PARENT KONNECT we will help you with the following:

- Gain coping skills
- Decreased feelings of isolation
- Improved physical and psychological health
- Acquisition of relevant knowledge and skills that YOU nominate

The Kids Therapy Club conducted Parent Konnect programs for many years prior to covid. It was a privilege to see the parents and carers benefit from the support groups, whilst also developing new friendships, improved mental health and a valued network that shared experiences and offered a sense of belonging.

This is an all inclusive program / NDIS can be used for this program.
Contact KTC on 0432 486 670 / 1300 933 009 / info@kidstherapyclub.com.au

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