



Now & Next Peer Support Program

**I CAN JUMP
PUDDLES** 

Now & Next Peer Support Program

The **Now & Next program** is an innovative, award-winning program for all parents and carers of children who have a delay in their development or have a disability.

The program is facilitated by trained and knowledgeable parents, or carers, who are Peer Workers. Peer Workers all have children with a disability or developmental delay and are trained and employed to support families who face similar challenges. It is the first “by families, for families” program of its kind in Australia.

The **Now & Next program** is an eight-week evidence-based program helping you to develop the skills to achieve positive outcomes for your child, your family, and yourself. The program is available via:

- Group face-to face session
- Group online session
- Individual one-on-one session

What will I learn?

1. You will learn how to use practical tools centred in positive thinking and positive outcomes to use for the mental, emotional, and physical challenges you may face in daily life.
2. You will learn how to recognise your current level of wellbeing and how to increase it.
3. You will learn how to create and achieve goals (big and small) for your child, yourself, and your family.



4. You will learn that you have many strengths as does your child/ren and every member of your family. Once you recognise them, you can use them to create great outcomes.
 5. You will learn how to create a cohesive team of professionals and cheerleaders for your child, who will also help support you, guide you, and back your decisions.
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