



Communication & Supporting Skills Programme for Parents

This programme aims to empower parents and to encourage them to be as effective as possible for the challenges they meet. The programme is centred on the considerable expertise of parents, and involves parents in a series of workshops. Those workshops, which will be engaging and interactive, seek to help parents towards:

- Self care in order to prevent burnout
- Stress management as a means of reducing stress
- Mutual support for accessing support for self and others
- Networking and learning from other parents
- Listening skills as a means of enhancing relationships (both within the family and with service providers)
- Assertiveness skills as a way of claiming rights and having needs met
- Information to ensure awareness and confidence

Content of Workshops will include:

Setting the scene: Introductions, overview and purpose of the workshop; sharing family details; dealing with stress and caring for oneself

Reactions and feelings of parents to the diagnosis of disability; sharing of experiences; approaches to mutual support

What is support? Developing a range of skills to support others

Developing assertion skills as a means of advocating for oneself, one's family and others

Revision and integration of the skills of the workshops

The workshops run for 2 hours one day a week over 7 weeks

Facilitators: Frieda Finlay, and Angelina Veiga

Frieda is a parent, a rights Campaigner, Chairperson of Inclusion Ireland, member of LEAP and a member of the education and research committee of the National Institute for Intellectual Disability.

Angelina is a facilitator, an advocate, a psychotherapist, a member of LEAP and has worked for many years with people with intellectual disabilities.

When	18 th , 25 th February, 4 th , 11 th , 18 th , 25 th March, 1 st April (Fridays 10am to 12noon)
Where	National Institute for Intellectual Disability, Trinity College Dublin, 4 th Floor, 3 College Green, Dublin 2 (entrance door left of Starbucks on Dame Street)
Facilitators	Angelina and Frieda
Fee	€30 which includes course papers and "People Skills" by Robert Bolton

Contact: Frieda Finlay - 087 6573730, or email - leap@ireland.com

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