

# NOW & NEXT

## NEW ZEALAND



For parents of children with disabilities aged 8 and under.

### **The Now and Next group programme helps parents, whānau and carers develop skills to achieve positive outcomes for their child, family and self.**

Now and Next has been developed by Sylvana Mahmic (CEO, Plumtree, Sydney Australia) and Dr Annick Janson (Clinical Psychologist and Positive Psychology Researcher, Raglan, New Zealand) and both are parents of young men who have a disability. They developed this programme because they learnt that a positive vision and a focus on strengths is the best foundation for a child and family's future.

Over 350 participants have completed this award-winning programme in the past 2.5 years. We have run groups for Vietnamese, Arabic and Korean speaking families, and hope to extend this to other languages in future. Now and Next has been delivered in Australia, New Zealand, Finland and Canada.

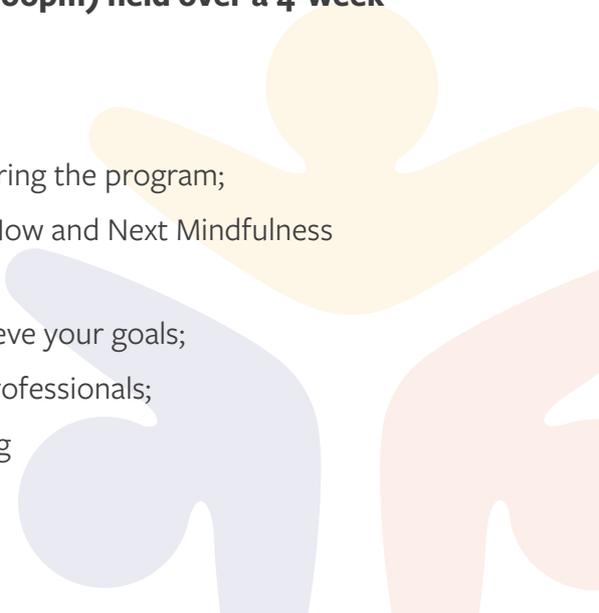
Watch this short [1-minute clip](#) from the 'by families, for families' 2018 Now and Next Conference.



## **PROGRAMME OVERVIEW**

**The programme is delivered in 4 -day sessions (9:00am - 3:00pm) held over a 4-week period. Through fun and engaging activities, you will:**

- identify a vision and write goals for your child, family and self;
- learn how to use our 'goal to action' tool to achieve 3 goals during the program;
- reflect on your child, personal and family strengths using the Now and Next Mindfulness colouring in book;
- identify your signature strengths and how to use them to achieve your goals;
- learn how to create positive and effective relationships with professionals;
- learn how to improve your child, family and personal well-being



## BUILD A NETWORK OF SUPPORT

Past participants have greatly valued being together with other families who are raising children with a developmental delay or disability. This parent led, evidence-based programme provides the opportunity for families to:

- Share their stories with each other;
- Learn about new strategies and ideas from each other;
- Build new relationships and a network of support;
- Empower and inspire each other to take control of their journey. Not just in the driver's seat but in charge of the keys!

Watch this [6-minute clip](#) where participants describe what they gained from the programme.

## JOIN US

**Session 1:** 11 October, 2020

**Session 2:** 18 October, 2020

**Session 3:** 25 October, 2020

**Session 4:** 1 November, 2020

All sessions 9:00am - 3:00pm

**Please contact Janine Morrah, Parent to Parent  
manawatu@parent2parent.org.nz**

Please note this programme is for parents and family carers of disabled children aged 8 and under. Families and whānau of older children may also be eligible, please contact Janine to discuss.

## CHILD-MINDING

Please contact Janine if childcare could be a barrier to attending the programme.

## REGISTER YOUR EXPRESSION OF INTEREST

You will then be contacted by Now and Next to discuss this programme and confirm your attendance.

It is highly recommended that families be available to attend all 4 Now and Next sessions. Both parents, or one parent, and one other family/whanau are encouraged to attend!

Register at [www.parenttoparentnz.formstack.com/forms/now\\_and\\_next\\_new\\_zealand](http://www.parenttoparentnz.formstack.com/forms/now_and_next_new_zealand)

### For more information, please contact:

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Now & Next Programme Co-founder, Dr. Annick Janson, Ph: 027 288 1949 E: [annick@egl.ac.nz](mailto:annick@egl.ac.nz)

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**Free to families. Funded by Mana Whaikaha in partnership with Parent to Parent.**

