



# Personal Growth and Resiliency Workshops For Parents of Children Who have an ASD



## Did you know that....

Parents of children who have a disability are more susceptible to stress, anxiety, and depressive symptoms ... that this is especially true of parents with children who have an ASD ... and that parental stress may lead to increases in the ASD symptom severity of their children?

However, did you also know that ...

Adjustment in families experiencing ASD can be enhanced by parent resiliency training aimed at reducing stress and anxiety while strengthening coping skills and overall psychological well-being?

## About the R.O.A.D.S. Personal Growth and Resiliency Program...

R.O.A.D.S. is designed to benefit parents through an educational forum that focuses on basic personal Resources crucial to well-being; helping parents prepare for Obstacles that impede well-being; teaching specific Abilities for overcoming these obstacles; identifying Developmental milestones that predict well-being; helping parents develop personal meanings that facilitate Self-realization, and; helping parents learn to pass these qualities on to their children.

## What to Expect In Content...

Six, weekly sessions, of 2 ½ hrs. each. The content of the sessions involve seminar presentation, taped interviews, movie clips, and both individual and group exercises. Participants are provided with personal workbooks with sections corresponding to each session and with exercises to complete between sessions.

## What to Expect As Outcomes.

Participant will:

1. Be able to identify the behaviours that lead to well-being and the ones that, surprisingly, don't.
2. Be able to identify their individual personal strengths and how to practice them daily.
3. Acquire the skills of optimism and resilience through managing thoughts and emotions.
4. Achieve greater mindfulness to enhance living in the moment and value-based decision making.
5. Learn how to develop personal life span perspectives, especially by drawing upon wisdom.
6. Be able to develop individualized plans towards enhancing personal/family well-being.

"Even though my child is young I have already felt overwhelmed at times and have worried about how to keep from burning out. This course has certainly reduced this worry. Every parent should take it." - a previous participant

## Sessions Date

- May 21, 2014 - 6:00 p.m. to 8:30 p.m.
- May 29, 2014 - 6:00 p.m. to 8:30 p.m.
- June 4, 2014 - 6:00 p.m. to 8:30 p.m.
- June 11, 2014 - 6:00 p.m. to 8:30 p.m.
- June 25, 2014 - 6:00 p.m. to 8:30 p.m.
- July 2, 2014 - 6:00 p.m. to 8:30 p.m.

Spaces are limited to register call Child & Community Resources at 705.525.0055 ext. 2809 or e-mail [ccrtraining@ccrconnect.ca](mailto:ccrtraining@ccrconnect.ca)