



# Empowering Parents Course!



**FREE 8-week course for parents of children with additional needs.**



## Do you ever ask yourself...

- How can I get people to see that my child is a child first, not a “disability”?
- How can I make sure that my child gets what she or he needs?
- What’s the best way to deal with health services, schools, community services?
- How can I make sure I don’t get worn out from all the stress and frustration?

Our course will offer you information and advice which will help you to find ways of getting what you and your child need. You will meet other parents to share challenges and joys and get real support.

## Blended delivery course schedule:

Date	Delivery Type	Time
Wednesday 4 <sup>th</sup> Oct 2023	In person session at Hospital FRC	10.30 a.m. to 1 p.m.
Wednesday 11 <sup>th</sup> , 18 <sup>th</sup> , 25 October	Via Zoom	10 a.m. to 12.30 p.m.
Wednesday 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> November	Via Zoom	10 a.m. to 12.30 p.m.
Wednesday 29 <sup>th</sup> November	In person session at Hospital FRC	10.30 a.m. to 1 p.m.

**To Book your place contact Martha Potter – Hospital Family Resource Centre at 087 2813341**

