



# ENVISAGE

Parenting is a tough task! Parenting a child whose development might be complicated by a disability can be even harder. **ENVISAGE** is a series of online workshops that aim to improve parents' well-being and help them feel more competent, confident and empowered.

## Who can participate?

We wish to engage with parents raising children with neurodisabilities whose children are 5 years old and younger.

## What will I be asked to do?

- Participate in five ENVISAGE online workshops.
- Complete online questionnaires throughout the study.
- Participate in an **optional** online interview after completing the workshops to help us develop the program further.

If you are interested or would like more information about the study, please contact:

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