



STRONGER TOGETHER | Early Days Parent/Carer Playgroup

The **STRONGER TOGETHER** | Early Days Parent/Carer Playgroup provides;

- Peer support groups.
- Education & Information sessions.
- Individual support.

If you are interested in the **STRONGER TOGETHER** | Early Days Parent/Carer Playgroup please contact Gen at Mpower

This a **FREE** service funded by the Victorian Government, Department of Family Fairness & Housing offering free services to families.



The Mpower Story

Since 1975 Mpower has been supporting families and individuals in south west Victoria to have real and meaningful connections to their community.



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Strengthening Parents

The **STRONGER TOGETHER | Early Days Parent/Carer Playgroup** is for parents and carers of children from birth to 18 years who have a disability or developmental delay to support them in their parenting role.

The **STRONGER TOGETHER | Early Days Parent/Carer Playgroup** is intended to be an inclusive program so a child does not need to be formally diagnosed with a disability or developmental delay for their parent or carer to participate.

The **STRONGER TOGETHER | Early Days Parent/Carer Playgroup** provides families with;

- Opportunities to participate in peer support groups.
- Opportunities to establish support networks with other families or carers.
- Access to information.
- Referrals to services.

Education and information

The **STRONGER TOGETHER | Early Days Parent/Carer Playgroup** provides education and information to ensure that parents and carers have increased access to information about evidence - based services and supports that can assist them.

Peer support can be an important source of emotional and social support to parents and carers. Our support groups help to connect you with others, other families and the broader community.

Peer Support Groups are held throughout the South West region covering the Corangamite, Moyne, Warrnambool, Glenelg and Southern Grampians shires.

Individual Support

Mpower may also provide limited individual support and one off contacts with parents. Individual support includes phone calls, emails and face-to-face conversations helping parents and carers to feel more confident in their parenting role, strengthening family resilience, and self advocacy skills.

While most parents have greater need for support at different times during their child's life, parents and carers of children with a disability may experience additional challenges and stressors.

The primary outcome of the SPSP is that parents and carers of children with a disability or developmental delay are supported to provide high quality care to their children that enhances their learning and development.