



CONNECTION - LEARNING - GROWTH



PROGRAM OF SUPPORT

TERM 1 2024

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We acknowledge the traditional custodians of the land on which we work and live and recognise their continuing connection to land, water and community. I pay respect to Elders past and present and acknowledge that sovereignty has never been ceded.



GROUP PROGRAMS

We believe in the strength of community and connection. Our group programs offer a supportive and inclusive environment where you can connect with individuals who share similar experiences.

In our groups, you'll gain access to a wealth of diverse perspectives and coping strategies. Learning from others' experiences can provide valuable insights and skills that go beyond individual therapy. Group settings also provide opportunities for social skills development and practice, which can be especially beneficial for those with social anxiety or interpersonal difficulties.

CONNECT



22q Parenting Circle

Bring your lunch and join our warm and welcoming online community of parents and carers who share the journey of raising children with 22q. Here, you'll connect with others who truly understand the ups and downs of this experience.

Six sessions on Mondays at 12-1 pm AEDT from 26th February 2024. Enrol now!

22♀ Social Circle

Join our vibrant online community created exclusively for young women aged 18-25, all of whom share the journey of living with 22q themselves. Here, you'll connect with peers who intimately understand the unique challenges and triumphs that come with this condition.

Six sessions on Mondays at 1-2 pm AEDT from 27th February 2024. Enrol now!





PARENTING

Tuning in to kids/teens®

'Tuning In to Kids/Teens - 22q' is a valuable 6-week parenting program specifically designed to empower you in supporting your children with 22q to understand and manage their emotions effectively. This program focuses on teaching you the concept of 'emotion coaching,' which is tailored to enhance your children's emotional intelligence. Emotion coaching involves learning how to identify, comprehend, and respond to emotions in a nurturing and supportive manner.

Sessions on Tuesdays from 11-1 pm AEDT from 27th February 2024. Enrol now.



Care4parents

Care4Parents is a safe space for parents navigating the unique challenges of raising children with 22q. In our journey together, we'll explore various themes that often arise in such parenting scenarios. We understand that your path is not just about caregiving but also about self-discovery and resilience. The program is run online over 8 weeks and a two-month follow-up session.

Sessions on Tuesday at 11-1 pm AEST from the 7th of May 2024. More information is available upon request. Expressions of interest can be made now via email.



CAPACITY

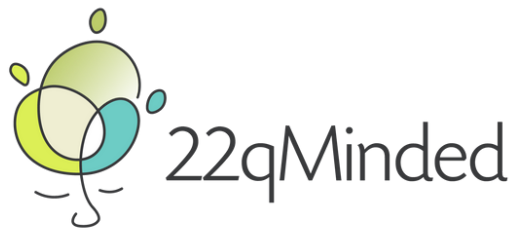
Our capacity-building programs follow evidence-informed and affirming psychoeducational principles established by our psychology team. Each term, this program centres around distinct psychological concepts tailored to facilitate your skill development and personal growth. Some examples of content include emotion regulation and resilience. Our specially designed programs aim to foster connections and enhance your abilities, ultimately enabling you to actively engage in community, social, and recreational activities.

The program is available for individuals, couples, or groups via telehealth (minimum age 14 years) or in-person. For parents of children younger than 14 years or as appropriate, we recommend that a parent attend the training to support their child in the home. NDIS funding (Daily Living) can be used if available.

We invite you to express your interest in our programs, as they are currently open for enrolment.

Term 1 - Theme: Emotion-Regulation





GENERAL INFORMATION

22qMinded is a clinic specifically working with individuals with 22q11.2 deletion and duplication syndrome and their families. We aim to provide an environment where people come to learn from others with similar experiences, connect with like-minded people by sharing experiences and grow as individuals and families. We believe in person and family-centred strength-based therapeutic approaches.

NDIS programs of support are designed to assist participants in achieving personalised goal/s. The program outcomes are clearly defined with review processes in place to assess progress, with future considerations for support provided. The rates applicable to each program are subject to the appropriate ratios outlined by the NDIS Programs of Support remuneration guidelines and will be advised in your service agreement.

Our group programs will be held online. Capacity programs are available in single-person or small groups, online or in person in Maitland, NSW, Australia.

Programs are currently open for Australian residents. If you are not an Australian resident, please contact us to see what can be organised.

Registrations are made by emailing 22qminded@gmail.com. **Please register for Term 1 programs by the 9th of February 2024.**

Connect with us on our socials for regular information or sign up for the newsletter on our website.



www.22qminded.au



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