

About Us

The Parent Hope Project is a social enterprise that supports parents in recovering their confidence to be the best resource for their children's mental health and wellbeing. Parents are increasingly anxious about their children's outcomes, and this has a flow on effect for teachers and school communities.

The Parent Hope Project enables schools to constructively partner with parents to support the wellbeing of students, by training school staff to facilitate parent courses and access resources through our **online platform**.

Our courses are based on the research findings of Dr Jenny Brown and Bowen Family Systems, that:

- when parents redirect their energy away from worrying about their child
- focus on how they manage themselves with their child
- they recover confidence in their capacity to contribute their child's wellbeing.

Courses and packages

Product	Description	Price (AUD, incl. GST)	Hours/Access
Cultivating Confident Parenting	Single session parenting course. An introduction to a family systems approach, and how it's a positive change for your child.	\$220	1.5hrs 1 video 1yr
Confident Parent Course	4-part parenting course, engages parents to shift their focus from their child to managing themselves, regaining confidence to be a resource for their child's wellbeing. A mix of role-plays, practical examples and ideas, to support parents to apply the ideas to their own parenting. Includes Cultivating Confident Parenting as a bonus course.	\$419	5 hrs 4 videos 1yr

<u>Confident Parent Course Group Facilitator Training Package</u>	Train staff to deliver the 4-part <u>Confident Parent Course</u> by facilitating group discussions and using video highlights. This format provides opportunities for parents to better engage, ask questions and apply the principles to their parenting. Facilitator training includes:	\$352	12hrs 4mths
	<ul style="list-style-type: none"> ● <u>Prerequisite training</u>: family systems understanding of mental health and behavioural symptoms in children ● The full online <u>Confident Parent Course</u>, and highlights for using when presenting ● Training course in how to deliver and facilitate discussion aligned with family systems principles ● Online learning platform with access to question and learning forum. 	\$220 per year after the above to continue to run groups	1yr

<u>Schools Package</u>	This package contains access to all our courses, plus Facilitator training for 12 months. You can use all the resources across the year with different parent cohorts. Including:	\$969	Varies 1yr
	<ul style="list-style-type: none"> ● Introductory video about parents partnership with school to support child's wellbeing- 15 minutes ● <u>Cultivating Confident Parenting</u>, 1-part video format course ● <u>Confident Parent Course</u>, 4-part video format course ● <u>Confident Parent Course group facilitator training</u>, including: <ul style="list-style-type: none"> ○ theory courses ○ training course ○ group facilitator highlights ● Book discount for Dr Jenny Brown's "<u>The Confident Parent</u>" 	\$649 per year after the above to continue to run groups & courses	1yr

Mentor Sessions	Recommended additional Purchase for Schools Purchasing the Schools Package. This additional support for your school staff enrolled in the Schools package covers:	\$280 per hour plus GST	x2 90min- 2hrs sessions
	<ul style="list-style-type: none"> ● Clarifying the training (family systems theory and children's mental health and wellbeing) and 		

the streaming resources

- What is unique about messaging – not telling parents how to do their job but a framework for parent self-discovery so they can parent more calmly and confidently.
- Exploring the context of the school and its unique parent communities
- Brainstorming ideas for engaging parents

Session 1: Work through your school's unique context in engaging parents

Session 2: After you have completed the theory training course and after the first delivery of the group - Q &A about course content - brainstorming ways to respond to parent questions. and reactions.

Parent Coaching

Train to be a Parent Coach using a clinical intervention program with a manual, working directly with parents with struggling children. Usually for clinicians.

\$616

20hrs

Level 1
training

5mths

Contact Details

parenthopeproject.com.au | contact@parentproject.com.au

Vicki Wilkins | Professional Programs Coordinator | vwilkins@parentproject.com.au

Amber McPherson | Communications Coordinator | amcpherson@parentproject.com.au