



Free Family-to-Family Virtual Workshop Series for Parents

Join our **FREE** interactive Family-to-Family virtual workshop series focusing on services for children ages birth to kindergarten who have developmental delays, autism, and/or other disabilities.

Topic experts from the Autism Society of North Carolina, Family Support Network of NC, North Carolina Navigating Care, and other organizations will help to address parent needs and concerns.

What will you gain from the workshops?

- Knowledge of resources to help advocate for your child and family
- Connections to a community of caregivers
- Strategies and solutions to common challenges

Questions?

Email Julie Williams-Swiggett at Julie_williams_swiggett@med.unc.edu

What Do You Need to Participate?

These interactive sessions on Zoom allow participants to share ideas and resources using the Project ECHO model of “all teach, all learn.” Participant engagement is essential. You will need a computer or smartphone with working internet and a functioning webcam.

Zoom sessions are Thursdays from 12:00 p.m. - 1:30 p.m. on the following days:

January 9 | Orientation

January 16 | Self Care & Processing the Diagnosis

January 23 | Building a Support Network

January 30 | Ways to Support Your Child at Home

February 6 | Essentials of IFSP, IEP, & 504 Development

February 13 | Behavior Management

February 20 | Finding Resources



To register, visit bit.ly/3UQMyRk or use the QR code by Jan. 3, 2025. (Space is limited)



The North Carolina Navigating Care Project Team provides the Family-to-Family ECHO™ through funding provided by HRSA Grant #H6MMC33235. Project ECHO™ (Extension of Community Health Outcomes) is an Evidence-Based model designed to spread knowledge, expand capacity, and accelerate collective wisdom. NCNC Family to Family ECHO™ is designed to make connections among families, communities, and providers who support families in navigating multiple, complex, and challenging systems.