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: Debbie Hughes, Research Assistant, envisage@mcmaster.ca