



# GPS For Parents<sup>©</sup>

GROUP  
PEER  
SUPPORT



## 2 Day Group Facilitator Training

Learn how to help parents navigate the challenges of parenting in a supportive, inclusive and empowering group experience.

This training welcomes **professionals and community leaders** who serve and reflect diverse communities **including** fathers, mothers and gender non-conforming parents; parents who are facing the challenges of new parenting including perinatal emotional complications, addiction, incarceration, racism and other oppressions, as well as parents from diverse traditions and cultures.

**Join us in bringing GPS for Parents<sup>©</sup> to your community!**

### WEDNESDAY–THURSDAY

Wednesday, April 4th, 8:30am–6pm

Thursday, April 5th, 8am–6pm

### LOCATION

Tucson Medical Center, Tucson, AZ

### PRICING

Early Bird (Before Feb 23rd): **\$325**

After February 23rd: **\$350**

### TO REGISTER

<http://bit.ly/2iZ1udD>

### FOR MORE INFO

Carole Sheehan: [carole\\_sheehan@hotmail.com](mailto:carole_sheehan@hotmail.com) / 520-631-6308  
Tucson Postpartum Depression Coalition

This program is brought to you by the Tucson Postpartum Depression Coalition

## In this training you will:

- Learn an integrated and intersectional community-based approach that supports the full spectrum of parenting and is appropriate for *all* parents
- Incorporate evidence-based approaches of cognitive behavioral therapy, motivational interviewing, mindfulness-based stress reduction and psychosocial education in a warm and accessible group model
- Build group leadership competence to provide trauma-informed, empowering group environments and social support through didactic, interactive learning modalities and practicums
- Merge GPS with already-existing educational curricula to enhance deeper engagement
- Learn how to provide a population and culturally-sensitive group for diverse communities that includes the values of your community in the heart of GPS
- Explore cultural messages and myths about parenthood that can both strengthen and undermine parental confidence, competence and mental health