



GPS For Parents[©]

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[©] 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

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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