



GPS | GROUP
PEER
SUPPORT
For Parents ©



2 Day Group Facilitator Training

Learn a simple, yet profound, replicable, trauma-informed group model which helps 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!

Lakewood Ranch Hospital
8330 Lakewood Ranch Blvd
1st floor Boardroom
BRADENTON, FLORIDA

FEBRUARY 20 - 21, 2019

8:30 am - 6:00 pm

\$350

breakfast & lunch included

CEUs for social workers available

FOR MORE INFORMATION:

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“What I love about GPS is that it provides a warm group structure that works every time, and is flexible enough to meet the needs the needs of my staff and clients.”

D. Berkovitz, MA DPH

“My GPS group was my safe place.” Erica, a postpartum mom

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