

autism parent training and support

For carers of children from 3 years
to young adults

100% Flexible
to fit with your
busy family life

Whether you are just starting on your autism journey or you have been looking for neurodivergent affirming support for a while, we get you.

The Parental Stress Centre has supported more than 3,000 families towards their unique goals with comprehensive autism-specific parenting training and tailored support.

We give you in-the-moment strategies to help with challenges like anxiety and aggressive behaviours as well as comprehensively guiding you through overcoming barriers and connect better as a family.

*"My life, our family has changed 100%
Where there was resentment there is now love
and understanding. Rather than wanting to
escape my family I want to be a part of it again."*

Lisa M. Mother of autistic daughter & ND husband.



May be fully funded
through your
child's NDIS Plan

lifetime access
to our online, self-paced
training & support

check out
our website
Here



your mental health

- We start with your mental health
- Upgrade your thinking
- Co-regulation strategies
- Parenting support

understanding autism

- What's going on for your child
- Why their behaviour makes sense
- Masking/Sensory input
- Executive functioning
- Become neuro-affirming

overcoming barriers

- Meltdowns/Shutdowns
- Anxiety & PDA
- School avoidance (can't)
- Aggressive behaviours
- Emotional Regulation
- De-escalation strategies

skills and connection

- Teaching new skills
- Social confidence
- Improve relationships
- Communication and connection
- Self-advocacy
- Child-centred goal setting

Can training be funded through the NDIS?

With the changes that came into effect on October 3rd, 2024.



OUR GUARANTEE

If you enrol and your NDIS plan is not able to fund the training we will cancel your enrolment - no cost to you.

- Although general parenting programs are not an NDIS support, the NDIS identified disability-specific parent/carer training as a 'carve-out' in the draft changes and kept line item #15_038_0117_1_3 as a billable line item in the new NDIS Price Guide released Oct 1st, 2024 (pg94).
- We are an eligible support for ECI and NDIS plans as we are an allied health professional delivering evidence-based supports, as well as assisting participants to engage in social activities and improve relationships and social skills.
- If you are plan or self managed, have funds available in your Capacity Building budget and an emotional regulation or mental health improvement goal you can enrol with our peace-of-mind guarantee.

what our families get:

- 30+ hours of neuro-affirming parenting strategies via video & audio content.
- 14 additional online parenting courses inc. Tame Your Temper & Sibling Rivalry.
- 5 Ebooks written by Jackie Hall inc. The Happy Mum Handbook.
- 2 enrolments. Enrol once and we can provide 2 logins, regardless of parental living arrangements.
- ✓ Monthly group counselling session via Zoom. Daytime & evening options.
- ✓ Access to a private counselling email address.
- ✓ Unlimited, ongoing access to everything we teach.
- ✓ A community that truly gets you and supports your unique path.

[Enrol with NDIS plan \\$1495](#)

[Enrol monthly payments 3 x \\$500](#)

[Enrol upfront payment \\$1495](#)

All enrolment options give you immediate and ongoing access to all of our training and support.

