

What is The Changing Lives Initiative: Flourish & Thrive

The Changing Lives Initiative: Flourish & Thrive is a cross-border, community-led early intervention project to address neurodevelopmental conditions, such as Attention Deficit Hyperactivity Disorder (ADHD) and Autism.

The Changing Lives Initiative is a cross-border partnership – with two Community/ Voluntary organisations: Archways, delivering the project in the South, and Colin Neighbourhood Partnership, delivering the project in the North. Dundalk Institute of Technology, completes the partnership, providing evaluation and e-Health expertise.

The Changing Lives Initiative: Flourish & Thrive project operates in the Belfast, South Eastern and Northern Trust areas in the North, as well as Counties Louth, Cavan, Monaghan in the South – though some on-line services can be accessed by families in the remaining Trust areas or other border counties.



Scan the QR code to complete
an Express an Interest form
for further information visit
www.changinglivesinitiative.com

Contact us Today
changinglives@archways.ie



THE
**CHANGING LIVES
INITIATIVE**
FLOURISH & THRIVE



Early support for parents/carers* of children with neurodevelopmental differences including ADHD and Autism, both undiagnosed and diagnosed.



PEACEPLUS
Northern Ireland - Ireland

Co-funded by the



A project supported by the PEACEPLUS Programme, managed by the Special EU Programmes Body (SEUPB).

***While we use the term parent/s, our supports are open to all care givers, including Grandparents, foster parents and other carers.**

What we offer

The Changing Lives Initiative: Flourish & Thrive offers early supports to parents* of children who may be neurodivergent and experience the world in their own unique way— including those with or without a diagnosis of ADHD, Autism, or other neurodevelopmental differences.

We offer a range of interventions to parents including workshops, short programmes, on-line supports and longer evidence-based parent programmes. When you register an interest, our team will match you with the most suitable interventions to meet your needs.



Who can access our supports?

Our supports are open to all parents in the project area who think their family might benefit from our supports. No diagnosis is required to access our supports. Parents can sign up themselves, or any practitioner (such as GP, teacher, family support) can link parents in with the project. Simply scan the QR code on the back of this leaflet to fill out our Expression of Interest form.

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What age group do we provide supports for?

Most of our parent programmes cater for parents of children up to 12 years. Our workshops and other interventions are open to parents with children of any age.

Why take part in Parent Programmes?

Parent programmes for ADHD, Autism or other neurodevelopmental differences are evidenced to provide numerous benefits, including improved behaviour management, enhanced communication, stronger emotional regulation, better social skills and increased self-esteem in children.

Parents who've taken part in our programmes have told us they:

- Understand their child's needs and strengths more clearly
- Feel more confident and calm in their parenting
- Have better communication with their child
- Experience fewer challenges at home
- Feel less alone and more supported

Many say family life feels calmer, more connected, and less stressful.

Is there a charge?

All our services are free of charge to families. Our project is funded by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB)

