

Mom and Motherhood Prophecy: Empowering Parents of Children with Disabilities

Service Area	Target Audience	Key Offerings / Outcomes
Emotional Support & Empowerment	New mothers, parents of children with disabilities	<ul style="list-style-type: none"> • Resilience coaching for coping with stress and uncertainty • Empowerment circles to build peer support and normalize experiences • Workshops on mindfulness, self-care, and mental wellness
Knowledge & Skill Building	Parents, caregivers, families	<ul style="list-style-type: none"> • Understanding your child's developmental and therapeutic needs • Practical parenting strategies for behavior, communication, and learning support • Guidance on accessing healthcare, education, and social support resources
Future Planning & Advocacy	Parents, caregivers, family advocates	<ul style="list-style-type: none"> • Goal setting for child and family growth and development • Advocacy training to collaborate effectively with schools, therapists, and communities • Transition planning for key life stages (early intervention → school → adulthood)
Peer & Community Engagement	Parents, families, support groups	<ul style="list-style-type: none"> • Mentorship from experienced parents • Community networks for ongoing support and connection • Storytelling and strength-sharing to foster hope and empowerment
Online & Hybrid Support	Remote parents, busy caregivers	<ul style="list-style-type: none"> • Virtual support groups and webinars for flexible access • Digital resources: guides, toolkits, video tutorials • Interactive Q&A sessions with psychologists, therapists, and educators