



## 2025 From Surviving to Thriving: Building a Community to Support Mental Well-Being Information, Format, and FAQ's

From Surviving to Thriving: Building a Community to Support Mental Well-Being is intended to provide support for families with children with complex healthcare needs. Families will learn strategies to successfully manage the challenges of parenting a child with a neurologic condition so that they can protect the mental well-being of themselves and members of their family. To allow for more flexibility for participants this workshop will be 100% virtual.

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### Goals of the Workshop:

Support families who have children with CDKL5 conditions by learning about:

- **survival responses** – participants will learn how to manage stress responses and re-occurring grief
  - **partnering techniques** – participants will learn how to strengthen relationships to support the whole family
  - **healing** – participants will learn how to use community as a source of strength and will learn how to shift their mindset to persist through challenges
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### What will the workshop cover?

From Surviving to Thriving is intended to provide families guidance through the social and emotional challenges of diagnosis, treatment, and management of CDKL5 conditions. To allow for more flexibility for participants this workshop will be 100% virtual. The workshop will consist of three modules to be completed over a three-week period.

Topics covered include:

- Mindset and Mental Well-Being
  - Trauma and our mindset
  - Re-occurring grief
- Boundaries and Relationships
  - Understanding our stress response
  - Supporting relationships with a “bigger than self” mindset
- Resiliency and Healing
  - Shift and persist through challenges
  - Self-compassion and self-care

**Time Commitment:** The estimated time to complete the is six hours.

- For each module, participants will be given access to two pre-recorded videos (six videos total) to watch on your own time
- For each module, participants will be asked to respond to a prompt via a chat feature and engage with other participants (3 prompts total)
- Participants will then attend an interactive session (60 minutes each, three total) via Zoom to discuss what you've learned, interact with your peers, and ask the Family Support Team questions related to the module.
  - Interactive session dates are scheduled ahead of time to allow interested attendees an opportunity to make sure they're available. You must be able to attend **one** interactive session per module.

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### **What if I miss a session?**

All dates will be posted prior to a participant registering.

If you miss more than one scheduled interactive session, you will not receive a certificate of completion, and you will not receive a refund. Giving you the dates before you complete your registration, we hope you can choose a course that works best for your schedule!

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**Eligibility:** This workshop is open to all parents or caregivers who have a child with a CDKL5 condition.

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**Who can I contact if I have questions?** Please contact Karen Utley at [kutley@cdkl5.com](mailto:kutley@cdkl5.com)

This workshop is offered in collaboration with Child Neurology Foundation

