



INSPIRING PEOPLE WITH DISABILITIES THROUGH
AWARENESS, RESOURCES, EMPOWERMENT AND UNITY.

Create & Maintain your Community

Community and you working together

Find out how easy it is to embrace new thought processes to achieve an attitude of working together for natural inclusion and support in our Community!

Date: Tuesday 28th May
When: 10am - 2.30pm
Where: Ebdale Community Centre
Training Rm, 20 Ebdale St, Frankston

- Identifying & overcoming obstacles which stop you becoming a part of your Community.
- Creating the foundations for becoming part of your Community (Tips & techniques to break the ice).
- The benefits for you and your loved one when you become a valued member of your Community.
- Creating free and natural supporters to help you and your family.
- Resources table
- Creating your list of Community supporters, activities & businesses.
- Start your own belonging folder.
- Tips & techniques for maintaining your Community.
- Learning to look after YOU!
- Lunch, tea and coffee provided.

Book now to avoid disappointment!

Places are limited!

Please phone Sue on 0402 119 730 or
email connect@idareu.org.au

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