

# Connecting with Community

## Starting to talk about belonging

**There are a lot of reasons why people with disability may not be as connected with community as they would like to be. Yet the need to belong is fundamental to all of us. We all want to feel like our presence is noticed and valued by others.**

Like most good things in life, building belonging takes work. But experience tells us that there are real things we can do to make connections and to build belonging and that the effort and is well worth it.

This practical workshop explores what it means to belong, and looks at the challenges and barriers to belonging that people with disability can experience.

It covers strategies and tips to discover what may already be at your fingertips as we map our community to look for opportunities for connection. You will brainstorm new ways to make a contribution, and become strategic in how you seek out membership of new groups and make your approach to be part of something new.

A recent attendee at this workshop said:

***"This workshop introduced topics such as what inclusion is and why it's important, and how to achieve inclusion..."***

***"I especially liked the practical tools like the Power of 10 in identifying opportunities for connection in community and how to be involved in community in a meaningful way"***

### Who Should Attend

This workshop is for **people with disability, their families, friends and supporters**. It will be of interest to anyone who wants to achieve real belonging and inclusion for themselves or for someone they care about.

It can be beneficial for people to attend with support workers, or other people who might help to implement these steps.

### About CRU

For over 35 years, Community Resource Unit has been working across Queensland to help people with disability take control of their lives and take their place in their community.



Face to face workshop

**BRISBANE**

**Thursday 12 September**

9.30am - 4pm

(arrive from 9am to sign-in)

**CRU Office**

Level 2/43 Peel Street  
SOUTH BRISBANE

**RSVP:**

Monday 9th September

**Cost:**

**\$50\*** Person with disability  
& family members

**\$150** Workers, friends & allies  
**Registrations essential**

**For more details & tickets**  
visit [www.cru.org.au/events](http://www.cru.org.au/events)



\* The cost of this event is subsidised by a Department of Social Services grant.

If cost is a barrier to attending, please contact CRU to discuss.

Please contact CRU if you require assistance to register, attend or participate in this event.  
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Interpreter