



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 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.

*The cost of this event is partially subsidised by a Department of Social Services grant. If cost is a barrier to attending, please contact CRU to discuss.

Cairns Workshop

Thursday 2nd June
9.15am - 4.15pm

Cost:
\$50 *person with
disability & family
members
\$150 workers

Venue:
Seville Mercy
Conference Centre,
Earlville

RSVP:
Tuesday 24th May 2022

For more details & tickets visit
www.cru.org.au

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This workshop provides ideas and tools that can inspire you to work towards real and meaningful inclusion in your community, be that in your neighbourhood, at work, at school or your local social and sporting clubs. There will be time for workshop participants to discuss, brainstorm and share together in order to explore how and where to begin.

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.

Recent attendees at this workshop have said:

“Change is possible, and that it's never too late to have a good life. The strategies were also fantastic
- power of 10, exploring community and 4 pillars.”

“I took away SO MANY practical strategies and frameworks to facilitate my son's connection in the community.”

“This workshop introduced topics such as what inclusion is and why it's important, and how to achieve inclusion... You get a lovely introduction to these concepts, with resources to look into it further. 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.”

About CRU

Community Resource Unit has a 30-year track record of working across Queensland to help people with disability take control of their lives and take their place in their community.

For self-managing and plan-managed NDIS participants, see the Learning Objectives on the event's page. You can decide if this is a reasonable and necessary support to help you (or your family member) achieve their goals.

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When: Thursday 2nd June 2022

9.15am - 4.15pm (please arrive from 9am to sign-in)

Venue: Seville Mercy Conference Centre,
35 Bauhinia Ave, Earlville QLD 4870

Cost: \$50 * people with disability & their family members
\$150 workers

Register at: www.cru.org.au/events