



Face to face workshop

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.

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

recent attendee at this workshop

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.

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.

SUNNYBANK

Wednesday 31st May

9.30am - 4.30pm

(arrive from 9am to sign-in)

Sunnybank Community & Sports Club

470 McCullough St, Sunnybank

RSVP:

Sunday 21st May

Cost:

\$50* Person with disability & family members

\$150 Workers, friends & allies

Registrations essential

For more details & tickets visit www.cru.org.au/events or scan the QR code below



* 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.
p. 07 3844 2211 or
e. cru@cru.org.au

