



Expanding Ideas; Creating Change

# Starting to talk about Belonging

**The need to belong is fundamental to all of us. We all want to feel like our presence is noticed and valued by others.**

Feeling like we belong is deeply linked to our sense of connection, purpose and value. When we belong, we are part of, and contributing to a community. Our belonging benefits others as much as it benefits us.

Like most good things in life, belonging takes work. It does not happen automatically, particularly for people with disability.

This workshop explores what it means to belong and where to start in working towards it.

- 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.

## Townsville

**Thursday 24th June 2021**  
**9.30 am - 4.30 pm**

**The Surf Club**  
80 The Strand  
Townsville

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

**RSVP: Sunday 13 June**

**Registrations essential**

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

Numbers are limited to  
maintain COVID safety for  
participants & CRU staff. See the  
online event info for details.

# Starting to Talk about Belonging



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## About the Topic

Unless we have an understanding of how to build belonging, and take steps to achieve it, belonging and connection beyond family will continue to escape us.

This workshop looks at what it means to belong, the challenges and barriers to belonging that people with disability can experience, and strategies to help us work towards meaningful inclusion in our community, at work, and at school.

**“We need to belong...  
if the deepest truth about us is that we are  
social creatures by nature, then it follows that social  
isolation is unhealthy for us.”**

**- Hugh Mackay**

## Who Should Attend

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

## 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.

This event is subsidised by the Commonwealth Department of Social Services through an Information, Linkages and Capacity Building (ILC) grant.

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(Sign in on the day from 9.15am for 9.30am start)

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Ticket Cost: \$50 people with disability & family members, \$150 Workers  
(including lunch & refreshments)

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