

## A father's journey: resilience, advocacy & strength



### In conversation with Colin Armstrong, co-author of Milly's Mind

Join us in conversation with Colin Armstrong, father of Milly and co-author of Milly's Mind, a powerful book about his journey with his daughter, who is autistic.

Colin's story is one of resilience, advocacy, and love, offering insights and hope for families navigating similar paths.

#### About Milly's Mind

Milly's Mind is a portrait of an eleven-year-old autistic girl called Milly, navigating the first eleven and a half years of life with autism. It is written from Milly's perspective and describes how Milly's autism first presented, how Milly perceives life, the challenges, the joys and a look to the future.

#### Workshop highlights:

- Inspiring Journey: Hear Colin share his experiences with Milly, from challenges to triumphs.
- A Glimpse Ahead: Learn how Milly, now almost 14, is thriving after her years at Plumtree.
- Practical Tips: Discover strategies for advocacy, resilience, and finding joy through challenges.
- Supportive Community: Connect with other parents and carers in a space for sharing and learning together

#### Cost

Free

#### Date and time

Wednesday 5 March;

7.30pm to 9.30pm\* AEST/NSW Time

\*Please adjust for your time zone if necessary.

#### Location

Online via Zoom

#### This program is for

For families of children who may have a disability, developmental delay, neurodivergence, or concerns about their development.

#### More information

This session will be hosted by Plumtree and facilitated by Colin Armstrong, co-author of Milly's Mind.

Learn more about the wonderful [Milly's Mind book](#)

For more information, feel free to email [mana@plumtree.org.au](mailto:mana@plumtree.org.au)

## Register your interest

[plumtree.org.au/event/a-fathers-journey](http://plumtree.org.au/event/a-fathers-journey)



This session is sponsored by [MyTime](#).



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