

# Building a community of support

## Let's explore different ways we can use informal supports to be working towards our child's best outcomes

Therapy is just a part of a bigger picture. Explore other supports that achieve good outcomes for your child.

There are many ways outside of therapies and related services to achieve goals for your child. They include support from extended family members, friends or free community services. These are called informal supports.

### Come along to explore:

- The difference between formal (therapies) and informal supports
- Getting started with informal supports to work on your child and family's goals
- Understanding the value of informal supports that don't need disability funding
- Using informal supports creatively
- Connecting to parents who are using informal supports and building a community that makes a difference to your child & family's life



**Cost**  
Free

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### Date and time

Wednesday 19 March  
7.30pm to 9.00pm AEDT/NSW time

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### Location

Online via Zoom

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### This session is for

Parents, primary carers and family members of children with disability, delay or developmental concerns aged 0-8 years.

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### More information

For more information see the event page or feel free to email [mana@plumtree.org.au](mailto:mana@plumtree.org.au)

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### Your facilitator

Deb, trained parent-peer worker who is raising a child with a disability

The 'Let's talk about..' sessions are designed by families for families to discuss various topics and learn together. The sessions are facilitated by trained parent-peer workers raising a child with developmental delay or disability. Guest speakers might also be invited.

Register your interest

[plumtree.org.au/event/lta-building-a-community-of-support](http://plumtree.org.au/event/lta-building-a-community-of-support)

