



# RENEW CONNECT & REFLECT

**Caring for a disabled child or a child with a health impairment can come with a range of challenges such as coping with stress, change, and building a resilient family.**

Essential for families and whānau new to the world of disability, or as a refresher course for those a bit further down the track, set your family up for long-term success with Renew, Connect & Reflect.

**RENEW:** Learn how to cope with the stress, change and even grief that having a disabled child can bring.

**CONNECT:** The benefits of meeting other parents and caregivers in the same situation can be life-changing. Many participants say they feel understood for the first time.

**REFLECT:** Thinking intentionally about you and the needs of your family and whānau, as well as how each family member communicates, can enhance relationships and build emotional resilience. Register today!

**Saturday 11 June, 2022**

**Details:** 9:30am - 4:30pm | River of Life Centre, Boulcott, Lower Hutt | Lunch provided

**Cost:** This workshop is free thanks to funding from Care Matters.

*Your family must be eligible for disability support services to attend this workshop.*

*Please contact us if you are unsure of your eligibility.*

**[Click here to register now.](#)**

**Or contact Sue Trueman for more information:**

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**In partnership with:**

**CARE MATTERS**  
LEARNING & WELLBEING